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Lockdown after crowds flood local tourist spots

By Ariane Hill
Reporter
ariane@glamorgan-gem.co.uk

**WALES is in lockdown
with the rest of the UK
only days after crowds
descended upon Welsh
tourist attractions.**

Thousands of people arrived at hot spots such as Barry Island and Porthcawl to enjoy the sea, the beach and fast food, despite UK Government advice regarding social distancing.

Despite shops across the country closing and ghostly quiet streets, many still tried to visit areas – standing in crowds or queues and less than a metre from each other – over the weekend.

On Monday, March 23, Prime Minister Boris Johnson appeared before the nation to warn of the new and stricter measures to try to tackle Covid-19, including only leaving the house for necessities and one activity of exercise.

Areas of the country, such as McDonalds restaurants near Pencoed, McArthur Glen in Bridgend and Talbot Green, experienced severe delays on the roads following the announcement they were closing both their sit-in and take away services from Monday at 7pm.

An eye witness commented that the queue for the Talbot Green branch was "miles back".

■ Continued on Page 5



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A word from our editor

As a new editor I'm something of a Johnny come lately to the Glamorgan Gem family, but the one thing I have learned over my few months at the Cowbridge office is that the team here, is dedicated to bringing local news to the community it serves week after week.

This makes the current crisis all the more difficult as people find it harder and harder to pick up their copy of the Gem however, the good news is that you can access it every week online and, like our print edition, it is completely free.

Simply go to www.glamorgan-gem.co.uk and follow the link to the digital edition and after a few easy steps you'll be sitting back enjoying all the Gem has to offer.

It may not be the same as opening your paper over the breakfast table or sitting down with a cup of coffee to catch up on the latest news, but over the last few weeks we've all found ourselves having to change the way we do things as someone said recently, 'if life seems normal, you're not doing it right!'

All over the country businesses are having to adapt the way they operate, restaurants are becoming take-aways, newsagents are delivering food parcels and even ice-cream vans are selling eggs, milk and bread instead of 99s.

I've even done my weekly yoga session via an online class, which trust me was a sight to behold - Jane Fonda I am not!

Of course we realise that not everyone is online - in fact more than 20 percent of the population does not use social media or even a computer, which is why we will continue to do our best to get our print edition into these homes - often the homes of the most vulnerable people who need some extra help at this frightening time.

While things are hard, it has been heartening to see how local businesses have changed their way of working and how local people have rushed back to buying local and supporting local traders.

I was delighted this week when the owner of the small market stall, selling fruit and veg, which has fed my household for many years, called to say that while the market in Abergavenny, where I live, is closed, she would happily drop off our weekly order.

It reinforced the decision to shop local and certainly ensured that we won't be taking our custom anywhere else when this crisis is over.

There are tough times ahead for everyone, but if all those people who call on their local butcher, baker and greengrocer this week, continue to do so when the lockdown is over and we can head freely to the supermarket, maybe things won't be quite so bleak

Rest assured we'll do our very best to be here for you - so please keep sending us your news, your ideas for coping with self isolation or even thoughts on how we can help...after all we're all in this together!

Stay safe; stay well and stay inside.

LIZ DAVIES

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Readers' Letters

Please keep your letters **BRIEF** and address them to: **The Editor, Glamorgan GEM Ltd, Graig House, 53 Eastgate, Cowbridge CF71 7EL** or email editorial@glamorgan-gem.co.uk

Letters and e-mails MUST include your FULL address, contact telephone number. We reserve the right to edit all letters. We do NOT accept anonymous mail.

Help to relax during this stressful time

WITH the world facing the coronavirus pandemic, I have been thrilled by the response of local communities, friends and neighbours.

As an author and scriptwriter living in Barry, I have started an online blog which features only good news stories about coronavirus, together with tips and advice on how to reduce anxiety and stress.

I am also a relaxation therapist and my blog is about staying positive and is my way of boosting people's morale.

Find the blog here: www.markjonesofficial.blogspot.com

There is another project that I am sure would interest your readers. My business partners and I have been developing an app - Time to Sleep Stories.

The app features relaxing bedtime stories for children to help them drop off to sleep. With coronavirus in the news 24/7, there are many children living in a state of anxiety and therefore not sleeping.

What is different about our approach is that each audio story features relaxing music (composed and performed by an Oscar nominated and Emmy award winning musician), tranquil sound effects and narration combined with gentle breathing exercises, all designed to soothe and calm children at bedtime... and the stories work for adults too!

We had been planning to have a major launch during the next month or so but in light of the current situation, we have made the app available now with little fanfare or marketing.

Full details can be found at: www.timetosleepstories.com.

Thank you for The Gem's commitment to helping the community. If we all work together and support each other, we will beat this virus.

Mark Jones, Barry.

Sufficiency over globalism

THE situation in which the world finds itself at the moment is unparalleled; but aside from the virus, it raises interesting questions about globalism and self-sufficiency.

As borders close around Europe, further threatening food sources, supermarkets struggle to maintain supplies, not helped by people panic buying; with much of our food being transported from farms on the other side of Europe to our shops.

In normal times, this food mileage is bad for the environment and for British farmers; and in extraordinary times such as these, it is sheer madness.

One example is the simple mushroom. At least one supermarket in Barry drags these from Poland, while another sources these from Somerset. Surely this makes the latter fresher, faster and with less environmental impact?

I hope that once things return to normal again – as they will – Britain reviews this reliance on globalism, and encourages a more sustainable, locally sourced economy that is both better for Britain and the environment.

Global trade is great, but not at the price of over-reliance and lost self-sufficiency.

Ade Pitman, Barry.

Little things make a difference

ON Primrose Hill, Cowbridge on Saturday morning, despite the difficulties that surround us all, the sun was shining and residents were out walking.

We saw two men putting the final touches to the 'Welcome to Cowbridge' sign, which has been looking very uncared for late.

Thank you to the powers that be for getting it done! It's heartening to see small things that make all our lives just a little richer during these dark days.

Thanks to everyone, as well, at The Gem for continuing to give us our much-loved local paper. Keeping in touch with our special town is so very important at the moment.

Christopher Pollard, Cowbridge.

Public Health Wales failed on testing, now panics over coronavirus

ON Saturday, we heard of seven new coronavirus deaths in Wales, jumping our total to 12. We're still being told the virus has spread throughout Wales, yet five of the new deaths were in Gwent, like half the confirmed cases.

Should this not mean stronger measures to lock down the Newport area? It surely signals urgent action, but at the same time our Welsh Medical Officer of Health, Chris Williams, reported on plans for gradual roll-out of testing in Wales.

This promises: "...appropriate access to novel coronavirus (COVID-19) testing. Based on careful risk assessment, a phased rollout of testing will commence starting with health care workers involved in frontline patient-facing clinical care. Testing capacity is being expanded and is currently prioritised for patients, health care workers involved in frontline patient-facing clinical care, and others where recommended by health board medical directors".

Rollout of testing "will commence starting with..." when the WHO has stressed testing is vital part of UK measures. Our MoH at last accepts their failure till now. At present, frontline staff go off for 14-days home-isolation because someone in their family gets a cough or temperature.

Why not test that person – there's 80% chance of it being a false alarm – and release the staff for the frontline? It currently takes 3-4 days for test results to come back – where's the determination to speed this up? On Sunday, Public Health Wales (PHW) panicked with "People over 70, and vulnerable groups of any age will be asked within days to be shielded from social contact for several weeks."

PHW would scrap the special supermarket shopping for the vulnerable and over 70s. Instead, they should be advising use of sanitisers (on trolleys and baskets) and facemasks in supermarkets, asking them to enforce this and 'social distancing' in their queues. Could they require supermarkets to issue free facemasks for each entrant? Facemasks have been a vital part of public measures in east Asian countries who've defeated the virus and would

help win Welsh people to taking social distancing seriously.

Max Wallis, Penarth.

Disbelief...

I HAVE just read your article written by Nick Meyrick Barry where it states his council tax has risen since 2009/2010 from £38 to £50 per month.

Please tell me this is a print error ... I live in a two bed terraced house in Barry and my council tax has risen from £116 per month to £124 per month for the coming year.

If it's correct, I would like his council tax bill instead of mine.

T Ferguson, Barry.

Don't forget the indoor market!

I OPERATE the fruit and vegetable stall, and the pet stall in Bridgend Indoor Market in the Rhiw, Bridgend.

Together with almost all my fellow traders in the market we are still open, and continue to trade as normal. While all the supermarkets were struggling to maintain supplies and serve customers, I was happy to supply everyone who came to buy from us in what was a much safer and calmer environment than the crowded supermarkets. I was able to obtain adequate supplies of almost all items, and my friendly and hardworking staff looked after all our customers.

As a gesture of our thanks and to support the local community I have decided to donate 10% of my fruit and vegetable sales to the Bridgend Foodbank for the foreseeable future. In just two days, Friday and Saturday of last week this came to £187, with more to follow.

Martin Nagle, Bridgend Indoor Market

'Stop panic buying'

I T may not do much, but I think you should print an article asking people to stop panic buying and hoarding everyday essentials.

I am the main care provider for both my parents and due to us all suffering from underlying health issues we currently rely on online shopping and deliveries for our weekly groceries. Due to the amount of panic buying going on at the moment we're finding it harder and harder to get the items we need because, in my opinion, the stores aren't doing enough to prevent people from buying more than they actually need. When we shop online we're automatically restricted to how many of one item we can purchase, but it still seems to be a free-for-all in the stores with nobody checking or enforcing the imposed restrictions in place.

Name and address supplied.

HIGH TIDE TIMES

The high tides listed in this week's Gem are those in Portcawl. It should be remembered that along the coast, high tides times will vary. For instance, in Barry the high point will be 20-25 minutes later.

UNTIL APRIL 2

Date	Time	Height (metres)
26/03/2020	07.44	9.6
26/03/2020	19.58	9.4
27/03/2020	08.14	9.5
27/03/2020	20.24	9.5
28/03/2020	08.43	9.3
28/03/2020	20.54	9.1
29/03/2020	10.12	9.0
29/03/2020	22.23	8.8
30/03/2020	10.43	8.6
30/03/2020	22.54	8.4
31/03/2020	11.22	8.0
31/03/2020	23.39	7.9
01/04/2020	12.13	7.8
02/04/2020	00.43	7.7
02/04/2020	13.34	7.5

While the Gem makes every effort to check the accuracy of tide tables, we recommend that anyone putting out to sea, or walking in an area where they could be cut off, should check with a tide table specific to their location.

We abide by the code of practice upheld by the Independent Press Standards Organisation (IPSO). This contains provisions for issues such as accuracy.

If you have a complaint, write to us at the address below, left, or call Philip Irwin on 01446 774484.

All complaints will be fully investigated.

If you are not satisfied with the outcome, you may wish to contact IPSO, Gate House, 1 Farringdon Street, London EC4M 7LG.

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E-Mail: complaints@ipso.co.uk.

Enquiries: inquiries@ipso.co.uk.



Police appeal after woman inappropriately touched on train

POLICE are appealing for information after a woman was inappropriately touched on a train between Swansea and Cardiff.

British Transport Police have revealed CCTV footage of a man following the sexual offence, which happened between 10.20pm and 10.30pm on December 21 last year.

A man is reported to have boarded the second carriage of the Cardiff Central-bound train with three other people and began having a sexually explicit conversation in front of fellow passengers.

It is reported that he then touched a woman inappropriately while she stood in the aisle of the train.

When challenged by the woman, the man is reported to have made aggressive and offensive comments.

The woman got off the train at Neath and the man is believed to have continued his journey to Cardiff Central station.

Officers would like to speak to the man in the image to help them with their investigation.

Anyone who knows him should contact British Transport Police by texting 61016 or calling 0800 40 50 40 quoting reference number 717 of 21/12/2019.

People can also call Crimestoppers anonymously on 0800 555 111.



Bus company offers free travel to NHS workers

NHS workers can travel free of charge on all NAT Group services across south Wales.

The move comes into operation from March 24, with qualifying workers needing only to show the driver their photographic NHS staff pass. Welsh bus operator NAT Group has also introduced a strict cashless policy that will require passengers to pay for journeys via their mobile app, contactless bank card or using a pre-purchased ticket or pass.

Managing director Adam Keen said: "Our priority is protecting our drivers and passengers and helping to limit the spread of Covid-19, while also supporting our heroic NHS workers who are doing an incredible job on the frontline in unimaginable circumstances."

"By implementing a cash-free system, we can reduce potential contact with the virus which can be spread on coins and banknotes. We are communicating this change to our passengers and hope they understand the reasons behind it."

Earlier this week, NAT Group announced a revised timetable as a result of the outbreak and subsequent government advice to avoid non-essential travel. Services including 905, X1 and X8 have been impacted with 10A temporarily cancelled.

For the latest updates, go to www.natgroup.co.uk or follow their social media at: <https://www.facebook.com/NATGroupLtd/> and https://twitter.com/NAT_Group?lang=en

Public spaces shut down in bid to halt spread of coronavirus

THE Vale of Glamorgan Council has taken the decision to close parks and public spaces until further notice in response to the Coronavirus outbreak.

This will include country parks as well as other parks, play areas, car parks, coastal resorts, public conveniences and more.

It's hoped the move will help stop the spread of the disease, particularly after a weekend in which many of these locations attracted a large number of visitors.

The UK Government has advised everyone to practice social distancing by remaining at least two metres away from others and it is hoped these measures will encourage such behaviour.

Porthkerry and Cosmeston country parks and their car parks will be closed, all gated parks will be locked and other parks or play areas taped off with signs on display emphasising the need for social distancing.

All coastal car parks will also be closed, and at Barry Island an emergency 'access only' road closure order will be introduced to prevent public parking for a period on part of Paget Road, some of Station Approach Road and Friars Road.

The beach huts will also now close with those awarded this year's annual permits advised that their allocations will now be put on hold.

Signs will be put in place and regular announcements made over the public address system to inform people of the situation.

Penarth Pier is also to close along with all slipways and public toilets in the Vale.

Cllr Neil Moore, Leader of the Vale Council, said: "I take no pleasure in imposing such extreme measures, but unfortunately they are absolutely necessary at this critical time. Everyone has a responsibility to do all they can to prevent the spread of coronavirus and that means staying indoors as much as possible and avoiding contact with others."

"Despite the UK Government's advice to avoid large social gatherings, Barry Island and other locations in the Vale saw a large number of visitors over the weekend. Such behaviour is grossly irresponsible and risks making an already serious situation even worse. That is why I felt we had to take action."

"In the strongest possible terms, I would urge everyone to follow expert advice and only go outside if absolutely necessary, for essentials such as food, medical supplies or a brief period of exercise. Even then, it is important to practice social distancing and stay at least two metres away from others. This should be accompanied by regular hand washing. It is vitally important that each individual takes the current threat seriously and strictly observes this guidance as not doing so could cost lives."

Visit www.glamorgan-gem.co.uk

Teen jailed after hiding crack in his boxers

A BRAZEN drugs dealer has been jailed for 30 months after being caught peddling drugs just yards from his home.

Plain-clothed police officers intending to carry out a search warrant at Ryan Parsons' Barry home witnessed the 18-year-old engaging in a street deal as they arrived at the house.

Parsons, of Tydfil Street, was arrested and told that he was going to be searched, at which point he admitted he had drugs concealed in his boxer shorts.

He also had a crumpled £20 note in his hand, two mobile phones and a further £180 in his pockets.

A further search revealed heroin and crack cocaine, which was estimated to have a street value of £1,700 in his underwear.

A quantity of cannabis and related paraphernalia was also found at his address.

He pleaded guilty to all charges during a hearing on February 13 and was sentenced on March 16 to 30 months in prison.

Detective Inspector Sarah Trigg said: "Ryan Parsons was so brazen that he was practically on his doorstep when he was caught dealing."

"Selling drugs may seem like a quick and easy way to make money, but the reality is that they have a devastating impact on our communities and cause misery for users, their families and the wider community."

"I hope this sentence sends out a clear message that drugs will also have a huge impact on the person dealing. Our Organised Crime Unit is dedicated to disrupting illegal drug supply in



Ryan Parsons, 18, was caught with £1,700 worth of drugs in his underwear.

Photo supplied by South Wales Police.

our communities and it is only forward to tell us what they a matter of time before those know."

Anyone with information about illegal drug activity involved are caught and brought to justice.

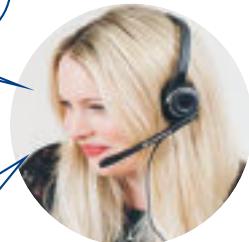
"I hope it also reassures our communities that we can and do act upon the information and suspicions provided to us, so I would like to disrupt the public to keep coming

Alternatively, Crimestoppers can be contacted anonymously on 0800 555 111.

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Full steam ahead for campaign to build train station in St Athan



HUNDREDS of residents gathered in St Athan recently as Vale of Glamorgan MP Alun Cairns outlined his ambitions for a train station to be built in the area.

Residents turned up at the Gathering Place in large numbers to demonstrate their support for a new station in St Athan, which could be on the cards after the UK government created a £500m fund to build new stations and re-open rail lines closed during the Beeching reforms.

Mr Cairns has been a long-standing campaigner for a new train station at St Athan and advised those at the meeting on how they can play their part in supporting the project.

He called on residents to write to the Welsh Government's transport minister, Ken Skates, asking him to include St Athan on his request list to the Department of Transport.

Speaking at the meeting, the Vale MP explained that the most important message is to get support for a scoping study.

The Welsh Government plays an important role in identifying new stations for the UK Government and those present at the meeting were informed that a new station for St Athan was not listed on the Welsh Government's request to the Department for Transport.

Mr Cairns insisted that there now must be a positive campaign to get St Athan on the list.

In terms of how the funding element would work, the Department for Transport would fund 75% of the cost of the scoping study and the Welsh Government would need to fund the remaining 25%.

There is also the possibility that the local authority could fund the 25%, which is expected to be a relatively modest sum.

Mr Cairns said: "At the meeting there was huge support from the local community. Now, it's vital that we get support from the Welsh Government for the station.

"For everyone who wants to help the campaign, I have published advice on my website and Facebook page on what they should write.

"This should not be used as an opportunity to criticise Cardiff Bay politicians, our priority is to change their mind so that we can deliver the project."

He added: "A train station in St Athan is long overdue, which is why I am doing all that I can to ensure that it is delivered. The opening up of funds by the UK Government for stations provides us with the perfect opportunity finally get this done and that's why I am working at all levels of Government to make the case for St Athan."

Couples needed to star in TV show

AN exciting TV opportunity has come up for all you couples out there who have yet to meet your partner's family.

Are you in a relationship and it's time to meet the family? Or maybe they are ready to meet yours? Perhaps it is your family that are pressing to meet that special person in your life?

BBC Studios are casting for a new show all about relationships and families, and they'd love to hear from you.

This is a heart-warming production that will follow a couple in a romantic relationship as they introduce their partner to their family for the first time while cooking and all getting to know each other around the dinner

table.

The production will also treat the successful couple and their family to a high-end dinner at a luxury restaurant.

If you'd love to be considered by the casting team this is your chance to get in touch!

Email unscripted@bbc.co.uk or WhatsApp/Text: 07711 913 199. Meeting and filming will not be taking place yet, but the team are still keen to hear from those interested ready for when the filming will take place in the future.

The casting producer Maddi will also answer any questions you might have and can be contacted on: 07711 913 199.

Speedy drivers make 'notorious' race track even worse

IRRESPONSIBLE motorists are racing through temporary no entry signs endangering the public, a councillor has claimed.

The irresponsible behaviour is occurring along Mill Road, Dinas Powys in the vicinity of St Peter's Church.

Community councillor Richard Grigg said that such behaviour was extremely reckless, and called on the Vale Council and the police to take effective action.

He said: "Along with other Plaid community councillors, we have witnessed hugely irresponsible driving. From comments we have received, this practice is almost commonplace.

"The temporary one way system is due to the work to replace gas mains. The contractors will be working in Dinas Powys for some time, and residents must not be exposed to such hazards.

"Motorists are also travelling at excessive speed along the alternative residential roads."

Fellow Plaid councillor Chris Franks said: "There are clear no entry signs in place. Plaid considers it is essential that the police and the Council take urgent action to ensure this risky driving is stopped. The public services have enough on their plates at present without having to deal with any crashes."

"Mill Road is a notorious race track at the best of times; now it has become even worse. We are looking for early effective action to protect the public."

RSPCA Cymru is still rescuing and rehoming

RSPCA Cymru has reassured animal lovers that it is continuing to rescue and rehome animals, despite the coronavirus outbreak.

The animal charity, which across Wales and England has a team of frontline officers, 17 animal centres, four wildlife centres and four animal hospitals, has put contingency plans in place to cope with the weeks and months ahead.

Chief executive Chris Sherwood said: "Thanks to our dedicated and professional team of staff and volunteers, the RSPCA is still rescuing and rehoming animals in these difficult times. We are having to change the way we work, but please be assured we are doing everything we can to make sure that we get help to the animals most in need."

He added: "There is a great deal of anxiety, worry and concern at the moment. Being around animals can bring great pleasure, companionship and mental health benefits, so we hope people will draw comfort from spending time with their pets and watching wildlife to help them through the weeks and months ahead."

RSPCA officers are regularly handwashing before and after handling animals, avoiding entering premises and asking people to bring animals to the door where appropriate and keeping their vans clean. They are sanitising their hands whenever they leave their vehicles.

RSPCA Cymru would encourage those looking for advice to take a look on our website before calling; those calling with emergencies please be patient, as fewer people may be available to answer calls.

There are still lots of ways you can help the RSPCA: support one of the RSPCA's campaigns or sign up for an exciting challenge later this year. Many owners are concerned about caring for their pets amid the Covid-19 outbreak, but there's advice and help on our website.

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More deaths in Wales as Coronavirus cases rise

By Ariane Hill
Reporter
ariane@glamorgan-gem.co.uk

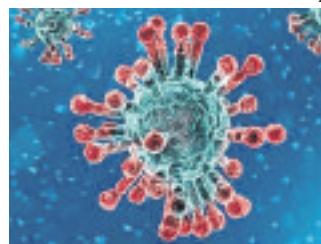
A FURTHER five people have now died as a result of Covid-19 in Wales taking the total death count to 22.

A 71-year-old man was one of the victims of the Coronavirus pandemic in Bridgend.

The pensioner, who had underlying health conditions, passed away at the Princess of Wales Hospital in Bridgend on Friday, March 20 making him the third person to die of the virus in Wales.

On Friday, the chief medical officer for Wales, Dr Frank Atherton said: "I'm very sorry to report that a third patient in Wales who tested positive for Covid-19 has sadly died. I offer my sincere condolences to their family and friends and ask that their request for privacy is respected."

The overall number of cases in Wales has now risen to 628, at the time of going to print, after 150 new cases were



confirmed by Public Health Wales yesterday (Wednesday).

Cardiff and Vale University Health Board, which includes areas of the Vale of Glamorgan like Barry and Penarth, has seen 29 new cases taking the total number for the health board to 125.

Meanwhile the Cwm Taf Morgannwg Healthboard, which includes Bridgend and Rhondda Cynon Taf, has seen 19 new cases taking its total number to 42.

Incident Director for the Novel Coronavirus (COVID-19) outbreak response at Public Health Wales, Dr Robin Howe said: "150 new cases have tested positive for Novel Coronavirus (COVID-19) in Wales, bringing the total number of confirmed cases to 628, although the true number of cases is likely to be higher."

"Novel Coronavirus (COVID-19) is now circulating in every part of Wales."

"Five further deaths have been reported to us of people who had tested positive for Novel Coronavirus (COVID-19), taking the number of deaths in Wales to 22."

"We offer our condolences to the family and friends affected, and we ask those reporting on the situation to respect patient confidentiality."

Members of the Welsh Parliament gave their consent to the Coronavirus Bill on Tuesday, which was heard in the House of Commons on Monday before Boris Johnson's address to the public, and it was due to be examined by the House of Lords yesterday (Wednesday).

Whilst it is a piece of UK legislation, the devolved governments of the United

Kingdom including Wales, Scotland and Northern Ireland still had to give consent, which is why it was heard in the Chamber as a legislative consent motion (LCM).

Welsh Conservatives have welcomed the LCM's passing, and the provisions the Bill will bring to slow and prevent the spread of Covid-19. The Bill is temporary, at two years, and requires Parliament to review it every six months.

Paul Davies AM, the leader of the Welsh Conservatives in the Welsh Assembly said: "There was little doubt that this vital LCM would be consented to, and it's another hurdle crossed to keep the authorities free to take the action required to defeat this pandemic."

"It being given consent is evidence, were it needed, that whatever our varied political persuasions, at a time of national crisis we will work together for our people, and our country."

The legislation has been supported by MPs and AMs from the Vale, Bridgend and from RCT.

Wales First Minister Mark Drakeford also addressed Wales on Monday about the new legislation and asked the public to stay in their homes unless it is absolutely necessary – such as buying food or medicine, or undertaking one activity of exercise a day.

The police also now have the ability to enforce the new lockdown with fines and detainment with reports from elsewhere in the UK of gatherings of around 20 people being dispersed.

As of Tuesday, across the UK there had been a total of 8,077 people who tested positive for the virus of which 422 had



Princess of Wales Hospital in Bridgend - photo from Google Maps

died with the risk category being classed as "high".

Public Health Wales wants to remind people that even when they are outside for exercise or to go to the shops, they should still try to stay two metres away from others who are not of the same household and that gatherings of more than two people are not permitted.

Dr Howe added: "Symptoms include a high temperature, where you feel hot to touch on your chest or back, and a new, continuous cough. This means coughing a lot, for more than an hour, or three or more coughing episodes in 24 hours. If you usually have a cough, it may be worse than usual."

"Anyone with a suspected Coronavirus

illness should not go to a GP surgery, pharmacy or hospital. They should only contact NHS 111 if they feel they cannot cope with their symptoms at home, their condition gets worse, or their symptoms do not get better after seven days."

"Only call 999 if you are experiencing a life-threatening emergency, do not call 999 just because you are on-call to 111. We appreciate that 111 lines are busy, but you will get through after a wait."

"The public play a very important role in slowing the spread of infection. By strictly following the latest measures, you will protect yourself, protect the most vulnerable and help to reduce the pressure on NHS Wales and minimise the impact of the virus."



■ Continued from Page 1



Visitors enjoy the beach at Barry Island on Saturday above. Right is Barry Market which opened as usual on Tuesday morning - shared to Twitter by Jake Harvey

Various support groups have been started around the Vale and Bridgend to help those who are vulnerable or self-isolating gain access to essentials without leaving their homes – especially while delivery services are in high demand.

Pontyclun Air Cadets released a video on Monday to cheer up Facebook users who are stuck at home. From their own homes, senior cadets and staff lip-synced and mimed along to the Foo Fighters hit song Learn To Fly.

Are you doing something positive for your community during the Pandemic? Email Ariane at ariane@glamorgan-gem.co.uk.

Reaction to lockdown after weekend crowds flock to attractions

By Ariane Hill
Reporter
ariane@glamorgan-gem.co.uk

BARRY Market attempted to open as usual on Tuesday, March 24 – less than 24 hours after the Prime Minister announced the lockdown.

Vale of Glamorgan Council Officers attended the market where they closed one of the stalls as it was not food related and, under new restrictions, only shops selling necessities like food and medicine are allowed to stay open.

Barry resident Jake Harvey tweeted a picture of the open market with the caption "not even lockdown can stop Barry Market".

A Vale of Glamorgan spokesman said: "The council is aware that one trader operating at weekly Holton Road market in Barry was selling non-essential items.

"Council officers informed this individual that this was unlawful and the stall subsequently closed. All traders have since been informed that the market will cease to operate until further notice."

However the food stalls in Barry could provide some relief as shops everywhere have seen empty

shelves with mass shortages of some items like pasta, eggs, bread, toilet paper and hand wash.

Priests have been live-streaming their messages, usually reserved for a Sunday morning or mid-week services and others have been streaming entire services from their homes.

In what would usually be Lent and the lead up to Easter, Reverend Steven Brett of the Parish of Llantrisant has been putting out regular church messages on Facebook, meanwhile Reverend Suzanne Brumwell of the Parish of Llansantffraid, Bettws and Aberkenfig has been posting regular Facebook updates on the parish's social media pages.

Aberkenfig Community Church has been streaming full services online, and all of the churches in the area posted a lit candle to their social media to signify that they were still participating in the World Day of Prayer.

The churches aren't alone – a Bridgend-based DJ has been doing regular Facebook live streamed events since one of his gigs in Scotland was cancelled.

Gavin Hyde, who goes by Mr Hyde, posted to different Facebook groups encouraging them to join his public set on Facebook.

Crime Agency warns criminals may exploit the coronavirus outbreak

THE National Crime Agency has warned that organised crime groups may try to exploit the coronavirus outbreak to target the UK.

Despite the unprecedented situation with the pandemic, the NCA is continuing to protect the public and leading the UK's fight to cut serious and organised crime throughout this difficult time.

Steve Rodhouse, NCA Director General (operations), said: "Our mission in leading the fight against serious and organised crime has never been more important, and our work continues. We recognise that the Covid-19 outbreak may provide opportunities for criminals, and we are monitoring intelligence and crime trends to ensure that we, and the whole law enforcement system, can react as needed."

NCA intelligence assessments have identified a number of issues that criminals are already looking to exploit. Cyber-crime investigators have seen instances of coronavirus-themed malicious apps and websites, as well as email phishing attacks aimed at stealing personal and financial information.

The NCA's National Cyber Crime Unit is advising people to be extra vigilant when seeking out online information relating to the pandemic and to ensure they are following online safety advice which can be found on the National Cyber Security Centre website.

The City of London Police have issued an alert regarding fraudsters using the outbreak to facilitate fraud and cyber-crime. Reported cases include criminals posing as health officials in an attempt to get victims to disclose personal information.

There have also been cases of criminal networks exploiting demand for certain coronavirus-related products. One such incident saw a consignment of suspected fake Covid-19 test kits sent from the UK seized by US border officials in Los Angeles. A man was arrested in Sussex by City of London Police attempting to send 60 more fake treatment kits to France, the US, and other parts of the UK, and has since been charged.

The NCA is continuing its work to protect children from abuse and exploitation online. A man from Darlington was sentenced on Monday for making more than 45,000 abuse images as a result of an NCA investigation.

As schools close, the agency is increasing its work with partners to bolster child safeguarding and online safety education. There is a risk of increased offending as people spend more time online and indoors, and the NCA is appealing to parents and carers to visit the Thinkuknow educational website for advice about keeping children and young people safe.

While travel restrictions are impacting the levels of traffic passing through the UK border, this week a seizure of half-a-tonne of cocaine was made by Border Force at Dover, leading NCA officers to charge a man with attempted importation. A man from Blackpool was also charged by the NCA after the recovery of firearms and ammunition at the Channel ports.

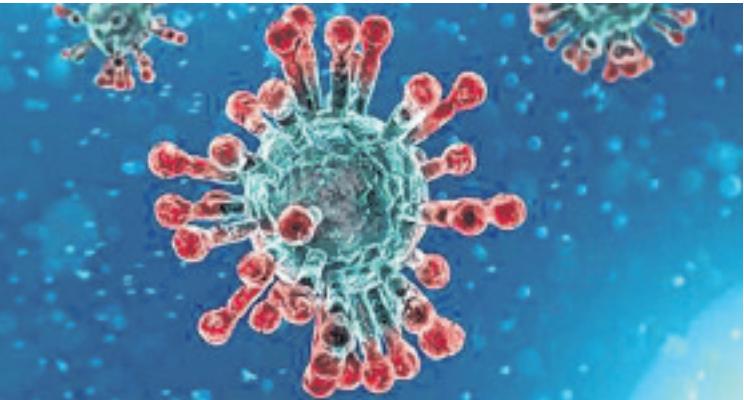
Criminal groups involved in people smuggling have continued to try and evade border controls using small boats, with NCA intelligence suggesting that some OCGs are even telling migrants the UK is safer than the continent in a bid to drive up demand.

Mr Rodhouse added: "Like all organisations we are having to make some adjustments to how we operate in light of the outbreak, but we are an operational law enforcement organisation responding to a national security threat. The NCA is providing services that directly keep the public safe and also allow others across law enforcement to do the same, and these will be maintained throughout the pandemic."

"We are also working closely with law enforcement partners both in the UK and abroad – many of whom are similarly affected – to ensure that our ability to cooperate is maintained, and that we continue to work together to protect the public."

"I would ask the public to remain vigilant during this difficult time and report anything they think might be suspicious."

Plea for parents to keep children at home unless absolutely necessary



SCHOOL leaders in Wales are concerned that too many parents are trying to keep their children in school when not absolutely necessary, meaning attempts to stop the spread of coronavirus could fail.

In a video posted to Twitter on March 22, Paul Whiteman, general secretary of school leaders' union NAHT, urged parents to "only leave your child at school if you have no other choice."

Mr Whiteman continued: "All schools have been closed to stop the spread of the virus. I simply do not know how to say this strongly enough. As many children as possible should stay away from school tomorrow. To do otherwise will risk the health of your family and the successful response to Covid-19. Please do not confuse 'Dunkirk Spirit' with recklessness."

"The government has asked school leaders, teachers and their support teams to remain accessible to the most vulnerable children who they believe would be in even greater difficulty without

school. The government is also aware that some key workers involved in the provision of health care and keeping food supplies going, for example, might need a place of safety for their children as a last resort. But even the children of key workers should stay away if at all possible to stop the spread of the virus."

"School staff have been much depleted due to isolation. Those left working in schools are selflessly responding to the call from government and will take their place with other frontline public servants to support the national response. In doing so, they are taking a risk with their own wellbeing to look after the families of others in dire need."

"My appeal to the families of key workers is – this is not business as usual. Keep your family at home if at all possible. Leave the few spaces available for those that truly have no alternative."

"My appeal to companies and other employers – please do not interpret the key workers lists liberally for your own ends. Do not put profit over people. School places are there for the most vulnerable and to keep truly crucial operations running."

Urgent cash injection needed to save 100,000 tourism jobs

A MAJOR cash injection is needed to stop 100,000 jobs in the Welsh tourism industry from being axed because of the ongoing coronavirus pandemic.

Ashford Price, the chairman of a leading visitor attraction, has warned

that the current crisis caused by the virus outbreak dwarfs all tourism disasters over the past 45 years.

Mr Price, from the National Showcaves Centre near Swansea, reckons that unless there is an urgent cash boost from the Welsh Government many tourism businesses will go bust with thousands of redundancies.

He called on the Welsh Government to set up a Tourism COBRA Committee to communicate with and react to the queueing up to get on TV, radio and industry's needs and to double Visit Wales' promotional budget for 2021.

Mr Price contrasted the lack of crisis support for the tourism industry with the action taken by Welsh AMs and MPs when 4,000 jobs were threatened

at Port Talbot steel works last year.

He said: "Our politicians were queuing up to get on TV, radio and the Welsh Government propaganda machine went into hyper drive with offers of help. At the time the steel works were losing £1 million pounds a day."

"The Welsh tourism industry is in

danger of losing upwards of 100,000 people employed."

"Tourism is vital to the Welsh economy and, in employment terms, represents nearly 10% of the workforce."

"The media silence to the tourism crisis by politicians is deafening. They have failed to grasp the true disaster facing the industry."

He added: "The Welsh Government's rates rebate is well below what

Scotland and England are offering their tourism industries and a drop in the ocean as to what is really required."

"What is really needed is a massive injection of cash into tourism businesses. If this is not forthcoming within a few days, up to 100,000 Welsh tourism workers could be jobless."

"Simply put, Welsh tourism has no cash at present and no early prospect of getting any, especially with Easter now written off. They need cash, cash, cash to pay this week's wage

Now they faced a complete collapse of this year's tourism season with little prospect of income until late summer or even Easter next year."

CYNGOR BRO MORGANNWG (GWAHARD A CHYFNGU AR AROS A LLWYTHO A MANNAU PARCIO) (GORFODI SIFIL) (DIWYGIAD) (RHIF 5) 2020

1. Hysbysir drwy hyn fod Cyngor Bro Morganwg, wrth arfer ei bweriau dan Ddeddf Rheoleiddio Trafag Ffyrdd 1984 a Deddf Rheoli Trafag 2004 a'r holl bweriau galluogi eraill, yn cynnig gwneud Gorchymyn a fydd yn rhoi cyfyngiadau parcio a nodi'n atodleni isod ar waith.
2. Mae modd gweld miliwn llawn, gan gynnwys copi o'r Gorchymyn arfaethedig, a Chymlluniad Rhifau T/20/21/AA yn y cyfeiriad isod yn ystod oriau gwyl arferol a rhaid cyflwyno unrhyw wrthwnebiadau sydd gennych i'r cynnig hwn i Gylarwyddwr yr Amyglchedd a Thai (Cyl. IF919) yn ysgrifenedig erbyn 17 Ebrill 2020 a rhaid cynnwys eich rhesymau dros wrthwnebu.
3. Rhoddir gwylbod i unrhyw un sy'n gwthwnebu'r Gorchymyn arfaethedig, yn unol â Deddf Llywodraeth Leol (Mynediad at Wylodaeth) 1985, fod rhwymedigaeth gyfreithiol ar y Cyngor hwn i alluogi'r cyhoedd i archwilio unrhyw sylwadau a ddaw i law am y Gorchymyn a gynigir.

Dywir y Gorchymyn Rheoleiddio trwyfawng canlynol fel a ganlyn:

Gorchymyn Gwahard a Chyfngu ar Fannau Aros a Llwytho a Pharcio (Gorfod Sifil) 2013

ATODLEN

I'menosod yn Atodleni AG61

Deiliad trwyfawng breswyl Bae Penlan Road Llandough.

Ddifymu'r paragraff presennol.

Ar yr ochr orllewinol, o'r llinell derbyn rhwng eiddo Rhif 55 a 57 i gyfeiriad y De-ddwyrain am bellter o 22 metr.

Rhodder y paragraff canlynol yn ei le.

Ar yr ochr orllewinol o'r llinell derbyn rhwng eiddo Rhif 55 a 57 i gyfeiriad y De-ddwyrain am bellter o 19 metr.

Dyddiad: 26 Mawrth 2020.
Cyfarwyddwr yr Amyglchedd a Thai
Cyngor Bro Morganwg,
Yr Alpau, Gwenfô, CF5 6AA

THE VALE OF GLAMORGAN COUNCIL (PROHIBITION AND RESTRICTION OF WAITING AND LOADING AND PARKING PLACES) (CIVIL ENFORCEMENT) (AMENDMENT) (NO 5) ORDER 2020

1. Notice is given that the Vale of Glamorgan Council in exercise of its powers under the Road Traffic Regulation Act 1984 and the Traffic Management Act 2004 and of all other enabling powers proposes to make an Order to install the parking restrictions specified in the schedules below.
2. Full details of the proposals, to include a copy of the proposed Order, and Plan No T/20/21/AA may be inspected at the address shown below during normal office hours and any objections you may have to this proposal must be submitted to the Director of Environment & Housing (Ref:IF919) in writing by 17th April 2020 and must contain the grounds upon which you object.
3. Persons objecting to the proposed Order are advised that in view of the Local Government (Access to Information) Act 1985 this Council is legally obliged to make any comments received in response to the proposed Order open to public inspection.

The following Traffic Regulation Order is to be amended as follows:

Prohibition and Restriction of Waiting and Loading and Parking Places (Civil Enforcement) Order 2013

SCHEDULE

Insert into map schedule AG61

Resident Permit Holders Bay Penlan Road Llandough.

Revoke the existing paragraph.

On the western side, from the boundary line between properties no 55 and 57 in a south-easterly direction for a distance of 22 metres.

Replace with the following paragraph.

On the western side from the boundary line between properties no 55 and 57 in a south-easterly direction for a distance of 19 metres



Dated this 26th day of March 2020.
Director of Environment & Housing
Vale of Glamorgan Council,
The Alps, Wenvoe, CF5 6AA



Last livestock market postponed by Covid-19



By Ariane Hill
Reporter
ariane@glamorgan-gem.co.uk

THE final livestock market in Cowbridge has been postponed for more than a month as a result of Covid-19.

The 200-year-old market, located on The Butts and near the car park for the former Market Place Restaurant, was set to hold its last ever sheep market on Tuesday, March 31.

However, the coronavirus pandemic and the subsequent lockdown measures have meant that the final market date, which is yet to be confirmed, will now be taking place in June following an agreement between organisers Herbert R Thomas and the Vale of Glamorgan Council.

The plans to demolish the livestock market and turn the area into a car park and temporary events space was agreed in July last year.

Cowbridge farmer Rob Thomas said his family has supported the market for more than four generations, and he feels that not enough has been done to make the public aware of the market's closure.

Mr Thomas, who spoke out before the UK went into lockdown, also said he is concerned about the removal's impact on the town – which has had a market since 1254 – not only as a market town, but also as it has had various businesses close.

He said: "No one seems to be concerned with the bigger picture and detrimental pending impacts to the town and wider rural Vale economy that will prevail."

"Lots of shops are empty, banks closing, the market going for a car park with high parking charges, accompanied with terms and conditions and small print effects. It has a spiral impact on

Cowbridge, its Chamber of Trade, agricultural related businesses and connections and services in town."

Mr Thomas said he is also concerned that the closure is not taking into account problems such as animal transport and travel distances to other markets.

Without the market in Cowbridge, the nearest market will be a 61 mile round trip to Raglan. Mr Thomas claimed that Bridgend and Newport have never recovered from losing their markets.

He said: "More animal transport issues, welfare concerns and viability of a smallholding travelling with only a few animals, with increased fuel, haulage costs, time, travel – which results in more greenhouse gases and contributes to climate change, contradicting all Welsh Assembly and national policies – they promote?"

"Not all farmers and smallholders are have the methods or means to support far away markets.

"What hope is there for youngsters in the area who are coming into farming?"

It is not the first time the council has faced backlash from the agricultural community, as thousands of people took to the streets in Cowbridge in 2012 to protest the closure of the Cattle Market before it was converted into a car park.

However, the Vale of Glamorgan Council has said that while it acknowledges the closure of the market will lead to some issues for farmers such as having to travel further, it also feels it could be used to boost visitors to the town and the local economy, as currently only the outside area is used for the sheep market on Tuesday mornings.

The Vale's cabinet member for regeneration and education, Cllr Lis Burnett, said: "The Council has tried for many years to regenerate the market site which lies adjacent to the town centre in

Cowbridge. The numbers of farmers using the market has been declining over the last 20 years, particularly since it was no longer able to deal in cattle following the foot and mouth epidemic in 2000. It has therefore struggled over the recent past and there has been a lack of any investment by the Market operators.

"While the council acknowledges its closure will lead to some local farmers having to travel further to take sheep to market, it

is important to note that this has been happening anyway due to a feeling better prices could be obtained further afield.

"This has been the backdrop to the Council's wish to regenerate this important site close to the town centre, which is only used as a sheep market on a Tuesday morning, with the buildings remaining shut up and disused for the remainder of the week.

"The Council feels this important area should be proving more of an economic boost to the town of Cowbridge, particularly through the provision of a new shoppers' car park which will allow residents and visitors the ability to park more easily in a pleasant environment close to the recently restored historic town wall.

"The Council continues to work with a neighbouring authority, Welsh Government and the market operators to help deliver a new more viable, multi-purpose market. It is hoped this will be accompanied by rural centre in a location more suitable regionally to farmers and agricultural business."

A Vale of Glamorgan Council spokesman added: "The Council has granted the market operators a rolling extension to their licence.

"We would expect any sheep market held on the site to observe the UK Government's requirement with regard to social distancing to help prevent the spread of the coronavirus.

"However, ensuring the country is supplied with food is also a national security issue which means the holding of the market will currently fall outside Government restrictions. Whether that remains the case is a matter for UK Government."



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WG makes £7 million available to support pupils while schools are closed

THE Welsh Government has today confirmed support for families of children who receive free school meals.

Up to £7 million of additional funding will be provided to local authorities to provide financial assistance to families of pupils who rely on free school meals. Guidance will be issued to local authorities to make arrangements for alternative provision for these pupils.

All local authorities across Wales have begun making emergency provision for families, including collection from schools, or food delivered to home or community locations. Local authorities could also provide gift cards and e-vouchers from local food retailers and distribute them to families. The measures are intended to be a speedy, but temporary, solution while other options are implemented and a more comprehensive package of support is provided to vulnerable families.

Kirsty Williams, the Education Minister said: "While we take decisive action to fight the coronavirus, we must not forget children for whom school provides much more than their education. It is vital that children who receive free school meals are able to continue to benefit from this support. I have already informed local authorities of this additional funding, which will allow them to address immediate needs at a local level – and at pace – so support can get to children and families who need it most."

PUPILS at Gem about their experiences:

Romilly Junior School have been involved in a fascinating project supporting elderly residents of a nearby residential home – and learning about dementia at the same time.

In September 2019, the school approached Jane Weldon, the chairman of Dementia Friendly Barry, and with teacher Sheryl Hopkins, worked with year-6 pupils.

Staff, year-6 pupils and parents have all attended Dementia Friends sessions.

The pupils have affected my life because I just really love it when I'm there because all of the

Sadly, since The Gem spoke to Jane, Sheryl and the pupils, schools in the Vale have closed due to coronavirus, so the regular visits may have ended for the year.

Two year-6

and I, and many others, have been going to Cartref Porthceri, which is an old people's care home. Some examples of things we do is to communicate and speak to elderly people.

"I have really enjoyed this experience because I get to learn about the life of someone elderly. I do share a very special bond with one man who lives in the care home. His name is J, he is so sweet, and I just love it when I get to see him.

"Cartref has really affected my life because I just really love it when I'm there because all of the

elderly people are so kind. I would really like to thank Mrs Hopkins. She has made

this experience even better because she is the one that takes us there and it just brightens up my day.

"I really enjoy being

there. We do all kind of different activities with the elderly like bingo, decorating things and sometimes even singing, dance-offs and art. Every time we go there we get a warm greeting from everyone.

"There is a 'but' to this though, because we are year-6s and we will be leaving for high school soon, so we won't be able to go to Cartref and see the old people anymore."

"My name is Caitlin. I and many others have the privilege to go to Cartref Porthceri. We

have learnt a lot since September. For example, how to communicate with people who

have speaking difficulties, understanding what elderly people go through with dementia

and most of all how to share a special bond with someone above my own age.

"Cartref has given

me a life skill I will

never forget, and I hope

the next group who go

to Cartref will see that

too. Mrs Hopkins takes



Sheryl Hopkins, Aimee, Caitlin and Jane Weldon.

us to see the elderly people and takes care of us when we are there.

"We all share bonds with different people at the care home. For example, I share

a very special bond with a women called S who has a speaking difficulty. Cartref has changed my life for the good."

Jane Weldon added: "I will hold Dementia Friends session with 10 new young

people when possible. I

Society

Dementia

hope that a new 'Cartref Awareness sessions are tailored to cover all ages and abilities. If you provide a service in Barry, and

would like your school, group or organisation to have a Dementia Friends session, or would like more information, please email dementiafriendlybarry@outlook.com or visit www.dementiafriendlyvale.co.uk."

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Bon appétit for pupils at St Illtyd French club!

THERE were some rather unusual items on the menu for St Illtyd's French Club children as they tried some more traditional French food, before schools were closed because of the coronavirus pandemic.

Some 'treats' went down very well and there were big smiles all around when the brioche and waffles made an appearance.

However, that changed when the

children were encouraged to try snails!

The brave group all had a go – and they washed it down with some (pretend) vin rouge, followed by a course of fromage.

It was great fun, and Miss Downie explained:

"The children have been learning French for weeks, and have worked really hard.

"They asked for a treat at the end, and wanted to try some French food.

"I'm not sure they were expecting snails, but they certainly were all good sports in having a go!"



Social distancing and dog control needed in countryside

RURAL insurer NFU Mutual has made a plea to the public to socially distance and keep their dogs under control, as people flock to the countryside to get some fresh air during the coronavirus outbreak.

Rural Affairs Specialist at NFU Mutual, Rebecca Davidson, said: "The spring sunshine is bringing people out at a time when newborn lambs are particularly vulnerable to attack. People are congregating in the countryside and putting others at risk by crowding in rural areas – maintain social distancing of two metres apart and don't put others at risk. UK farmers are under immense pressure at the moment to feed the nation through the coronavirus outbreak and we are urging people to keep their dogs under control, to clear up their mess and to be responsible in the countryside."

NFU Mutual gives the following advice:

NOTICE

Please note that The Glamorgan GEM offices are closed and staff are working from home, due to the Coronavirus (COVID-19).

The GEM can be accessed online www.glamorgan-gem.co.uk

If wish to speak to a member of staff we are still contactable by telephone or email during normal working hours.

Tel – 01446 774484

SALES :

Jan Irving - 07891 690720 and Wendy Snatchfold 07957 651504

EDITORIAL -

Sam Hall 07891 690798 and Phil Irwin 07891 690785

Email –

sales@glamorgan-gem.co.uk

Editorial -

editorial@glamorgangem.co.uk

Army plan to deliver medical equipment welcomed

THE Shadow Minister for Health has welcomed news that the British Army is on standby to deliver essential kit, such as masks, protective glasses, gloves, and other PPE, during the outbreak of Covid-19 coronavirus.

Angela Burns AM said: "The British Army and all services of HM Armed Forces have the personnel, training, adaptability and vehicles to be able to deliver what, where and when it is needed. In peacetime, during times of crisis and disaster, our serving men and women demonstrate their abilities. We have seen them in action closer to home, and now, during this crisis, we'll see again just how valuable they are."

RSPCA resources to entertain kids at home

THE RSPCA's free online teaching resources could help keep children learning while self isolating or staying at home.

As part of the charity's education offer, there are lots of resources on its website for teachers (or parents) to download including early years, primary and secondary lesson plans, activities and crafts for those wanting to continue their child's education during school closures.

There are also plenty of interactive games and quizzes all about animals for children to help them focus on something positive and take their minds off Covid-19.

Children can learn about robot dogs, wild animals and the environment, working animals and farm animals in a range of interactive resources as part of the charity's schools initiative 'Compassionate Class'. These can be downloaded by parents or carers for children to take part at home and enter a competition, which is open until May 19.

The animal welfare charity believes that the key to tackling animal cruelty is helping to educate young people about the needs of animals and creating a

kinder society in the future. This is why the charity launched its Generation Kind scheme, which hopes to reach 100,000 children or young people every year.

Dave Allen, head of prevention and education at the RSPCA, said: "This is an unprecedented and worrying time for all of us. Working in the education sector and with a lot of our staff having children themselves, we understand the difficulties faced with schools closing. The RSPCA prevention and education team is aiming to provide teachers, parents and carers with engaging activities that will get young people thinking and debating animal issues."

"Having the children at home may seem like a daunting task, especially if you're required to work from home too, so we are encouraging parents to use our free online resources to help keep them entertained and teach them about animal welfare."

There are lots of interactive games, videos and quizzes on the Animals and Us site, which children can do on their own covering the five welfare needs of animals, how people can help wildlife and more information about the work of the RSPCA for any budding inspectors or vets in your household.

To access the resources, visit: education.rspca.org.uk/home-resources.

To help the RSPCA to keep rescuing, rehabilitating and rehoming through this challenging time, visit www.rspca.org.uk/give or call the donation line on 0300 123 8181.

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Bus service timetable revisions

BUS Operator NAT Group has announced a revised timetable from March 28 following the UK government's advice on non-essential travel in the attempt to tackle the pandemic.

The affected services are: T9: Will run normal timetable until 1900hrs, journeys between 1900hrs and 0000hrs will be temporarily cancelled (as there are now no evening flights from Cardiff Airport) from March 28; 905: Will run a Sunday timetable on all days from March 28; X5/FIVE: Monday to Saturday: Route FIVE will be cancelled altogether. Monday to Saturday: Route X5 will run hourly; X1 Monday to Saturday: Route X1 will be reduced to a 20-minute frequency with some late journeys temporarily cancelled. Sunday: X8 Monday to Saturday: Route X8 will be reduced to a 20-minute frequency with some late journeys temporarily cancelled. Sunday: X8 Monday to Saturday: Route X8 will be reduced to a 20-minute frequency with some late journeys temporarily cancelled. Sunday: X8 Monday to Saturday: Routes 105 and 109, two-hourly rather than hourly; 404: Unchanged; X38: Unchanged; If a route doesn't appear on this list, it has not been changed. School services will run on Monday, March 23, for key worker parents.

For the latest updates, visit www.natgroup.co.uk/bus-services; www.facebook.com/NATGroupLtd or twitter.com/NAT_Group?lang=en.

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Principality offers support for homeowners and savers

PRINCIPALITY Building Society is offering relief to its members with mortgages, including buy-to-let owners.

Julie-Ann Haines of Principality Building Society said: "We want to reassure our members that we're here to help with any concerns they might have about their savings and mortgages with us. Where our members have been affected by coronavirus, we'll work with them and can offer a three month holiday on mortgage payments."

"Buy-to-let borrowers will also be eligible for a payment holiday of up to three months if their tenants have lost income due to the impact of coronavirus. In those circumstances we would expect landlords to pass on the benefit of the payment holiday to their tenant. Also, we will offer emergency access to savings in fixed term accounts without

consequence. We want to be as flexible as we can be in helping our people through these challenging times.

"We'll be adopting slightly reduced opening times in our branches and agencies from March 23 – most branches will be open from 9.30am to 4pm from March 23 and will close for an hour for lunch. The contact centre remains open as normal as things stand, but we'll continue to monitor the situation and update our members via our website and branch network. As a mutual owned by our members for 160 years, we have always run the business for their long-term benefit, prioritising being a strong and safe home for members' savings and mortgages."

For more information visit: www.principality.co.uk/coronavirus. For savings enquiries call 0330 8387579; for mortgage holiday enquiries call 0330 8387581.

Welsh faith leaders join in plea to cease public worship

THE leaders of the Interfaith Council for Wales have issued a joint plea asking Wales' faith communities to ensure their buildings are not used for acts of public worship or public gatherings until further notice due to the coronavirus (COVID-19) outbreak.

In these challenging times, the Interfaith Council urges faith communities to nurture and protect each other by following the advice offered by Welsh

Government and Public Health Wales in their efforts to contain the spread of COVID-19.

"As people of faith, we should not place each other's health at risk by meeting contrary to known advice. Nor should we pose a risk to those in the wider community who may come into contact with us. We should play our part, without being compelled to do so, in ensuring the wellbeing of others and our communities."

Further details from the Reverend Canon Aled Edwards, aled@cbyn.cymru, 07751446071.

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Deadly flower warning for cat owners

A WOMAN from Southerndown who lost her cat to lily poisoning late last year is throwing her weight behind a charity's warning about the dangers of buying bouquets containing lilies, particularly after Mother's Day.

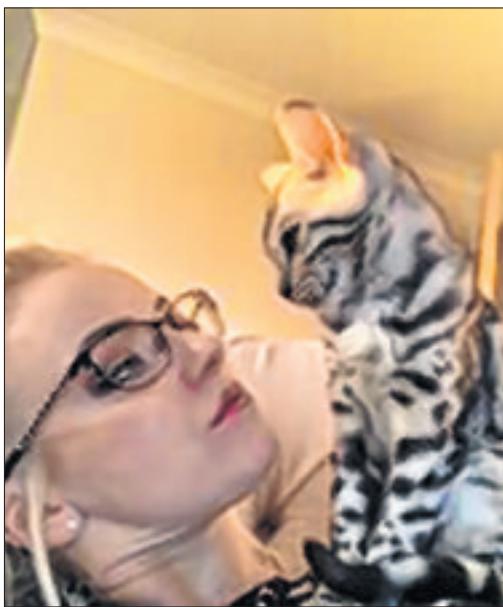
Jessica Leigh Jones (25), whose young cat Luna died after eating a lily petal, is supporting Cats Protection's call for supermarkets and florists to include a prominent warning on bouquets containing lilies.

"Luna was just a baby – she was just five months old when we got her. She was the sweetest, most affectionate cat with a beautiful personality," said Jessica.

"Last September, I saw that she had chewed a lily petal which had floated onto the floor and been sick. I had no idea they were so deadly and didn't have the knowledge or the understanding of the situation to react in time to save her. It's such a deep loss for us and I really want to prevent others from going through the same experiences. I really hope that highlighting her story will raise awareness and make a difference."

According to Cats Protection, lilies are extremely toxic to felines and they can be affected simply by brushing past the flower and then grooming the pollen from the fur.

"All parts of the lily plant are



Jessica Jones, pictured above, who lost her cat Luna to lily poisoning last year.

toxic to cats if ingested and consuming small amounts can result in severe poisoning – as Luna's case sadly demonstrates," said Cats Protection.

"If you have cats, it's best not to have any lilies in your home or garden."

Signs of lily poisoning include continued vomiting, blindness, paralysis, renal failure and coma and, if a cat exhibits any of these symptoms, the charity advises getting it to a vet as soon as possible for urgent treatment.

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NEWS FROM LOCAL CLUBS AND SOCIETIES

Sully U3A sing themselves out

EARLIER this month, in what turned out to be the last full meeting for some time owing to the coronavirus outbreak, Sully U3A were well entertained by their Singing for Pleasure group.

The group provided a varied programme of modern and religious pieces, familiar songs from musical films, and cheerful singalong pop songs – each piece preceded with a short and interesting introduction from conductor Rosemary Cook.

With such titles as 'Can you feel the love', 'You raise me up', 'I'll be there', and the 'Gaelic Blessing', there was plenty to provide comfort and inspiration for the difficult times ahead.

Sully Old School is now closed and all Sully U3A groups are suspended until further notice.

It is hoped that the friendships and contacts built up through membership of the groups can be sustained 'at a distance' until such time as activities can be resumed.

Further information on the organisation and its activity groups can be found at: u3asites.org.uk/sullyu3a.co.uk.

Cowbridge U3A learn about life working in British television

AT very short notice, after the advertised speakers from Atlantic College cancelled because of coronavirus concerns, Cowbridge U3A member Douglas Guy admirably stepped in to fill the gap at the recent Cowbridge U3A meeting.

His presentation charted his career in television, starting at the bottom as a 'go fetcher' to reach the role of supervisory engineer, as he moved from HTV to Thames TV and finally worked for ITN.

The television audience is probably unaware of the number of technical staff involved behind

camera in productions, but without them, nothing would ever reach our screens.

Outside broadcasts used to involve a control truck equipped with a 40 foot high transmitter, which would communicate with a PO mast for onward transmission of the news story to the TV network.

For news items close to the TV station's HQ, a despatch rider would often be entrusted with the footage; obviously this would not be live film.

During his time working in outside broadcasts, Douglas was involved with filming at the Libyan Embassy (the murder of PC Yvonne Fletcher), the 1984 bombing by the IRA of Brighton hotel where Margaret Thatcher was staying, and the 1988 crash of Pan Am Flight 103 at Lockerbie (the plane was brought down by an onboard bomb).

He has covered riots in Northern Ireland, Toxteth in Liverpool and Brixton, and the 1991 Desert Storm campaign to free Kuwait from Saddam Hussein's grip.

There have been lighter moments, such as the wedding of Charles and Diana.

Over his career, Douglas has built up an impressive collection of press passes giving him access to events throughout the world.

His legacy from inhaling the smoke from the

Social distancing to celebrate mothers in Llyswoaney

WITH coronavirus advice stopping families getting together for Mothering Sunday, a group of ladies in Llyswoaney overcame the issue by agreeing to meet around the village pond at 12 noon, (keeping two metres apart) and to raise a glass of wine to keep up morale.

They also collected an impressive amount of supplies for the Llantwit Major foodbank.

As everyone adapts their daily lives to cope with keeping the virus at bay, the Llyswoaney Ladies have been blazing the trail.



burning oilfields in Kuwait is the equivalent effect on his lungs of smoking 250 cigarettes a day while he was there!

Members should note that all Cowbridge U3A activities are currently suspended because of coronavirus precautions.

SPM

walking independently in the fresh air while adhering to the guidelines can help boost wellbeing and mental health.

However, in order to protect their members, the Ramblers have cancelled all group walks, meetings and functions as gathering together, taking public transport or car sharing to and from walks could spread the virus and put people at risk.

So conforming to this directive, there will be no further walks until otherwise directed. If you require further information, access the group website at www.penarthramblers.wordpress.com or follow on Facebook.

Joy Strangward

Bingo players boost Poppy Appeal

COWBRIDGE Social Club Bingo gave the Poppy Appeal a substantial boost to their 2019/20 collection when they presented them with a cheque for £1,000.

The club, which meets in the Lesser Hall on the first Thursday of the month for Bingo, collected the money over a number of years.

Poppy Appeal organiser David Howell said: "The donation is a timely one as it takes the total for the year over the £20,000 mark; it's a big help and we are very grateful to them.

"The Bingo social club is very friendly, everyone is welcome."

Porthcawl Shout still has a voice

PORTHCAWL Shout Forum, the Voice for the Older Community in Porthcawl, has been forced to cancel meetings for the foreseeable future until, at least, the Government tells us it is safe to go back to our normal modus operandi.

But the group is not shutting down.

The committee is transforming itself into a group that will continue to contact vulnerable members from self-isolation in their homes as often as possible, giving a friendly voice, some reassurance and help where possible.

Where help is needed but the Shout committee member is stuck in their home, they will contact local councillors with their concern, and follow up wherever necessary.

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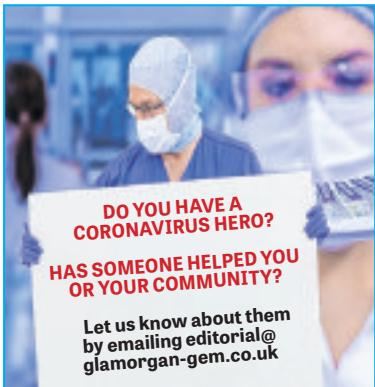
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IMPORTANT NOTICE



Age Cymru offer a 'check-in-and-chat' telephone service for over 70s

AGE Cymru are offering a check-in-and-chat telephone service for the over 70s in Wales who live alone, which started on March 23.

It is hoped that the initiative will help provide some reassurances to older people, answer basic queries and link people to local services and support during the Coronavirus outbreak.

At the beginning of this week we were all advised self-isolate as far possible to help protect us from the virus. This is particularly important for people over 70 and those with underlying health conditions because they are at higher risk of developing more severe symptoms if they become infected. In the coming days those at greatest risk will be asked to self-isolate for 12 weeks.

Age Cymru's chief executive Victoria Lloyd said: "These are potentially difficult times for many older people, especially those living alone who may not have anyone to share their concerns. Others may just want to have a chat about what they saw on television last night. Hopefully, this initiative will help older people cope with some of the challenges arising



from the Coronavirus outbreak." Anyone over 70 in Wales can register with Age Cymru, free of charge, to receive a regular telephone call from the charity in either English or Welsh. All you have to do is call the Age Cymru Advice Number on 08000 223 444 or email enquiries@agecymru.org.uk.

Team Shampain - here to support you

THE team at Shampain Indian restaurant in Cowbridge has assured customers that they will still deliver orders despite the lockdown and thanked them for their great support.

"With us, safety of all is paramount. We have been asked to isolate, contact less, avoid travel and gathering.

"Being social animals, it is the toughest decision to make, but it is for our healthy survival. We, Team Shampain, decided to stop dine-in customers until further notice," said a spokesman.

"You can still order online or over the phone for a delivery or collection. Those who are driving and want to collect the food from us, please remain in their car - we will bring the food to your car."

"You can pay over phone or online and, in the worse case, you can bring cash too - but make sure you sanitise your hands every time you deal with cash."

"Give us clear instructions to leave your food near your front door; we can hang them on your door handle safely."

"As soon as we deliver at your door, our driver will call you and will be waiting at a good distance until you pick the delivery from a safe place. If at any point you want to speak to us, please call our restaurant on 01446 771682."

You can share your location or send us a photo of the point at which you would like us to deliver. Kindly make sure you are not speaking to the delivery driver face to face at any point.

Shampain is here to support you - we are not doing this for financial benefit. Together we can survive through this tough period - waiting for happy times again.

Free pick up and collection from The Laundry Room

AS many readers you know The Laundry Rooms provides free pickup and collection of your items requiring any of its Laundry, Dry Cleaning & Ironing services.

"The great news is that we will continue to provide this service, even during these most difficult times," said a spokesman for the

company

"The brilliant news is that for all our customers using these services, we want to help you as much as we can."

"When arranging your pick-up or delivery we can help you by taking your instructions to pick up shopping or urgent supplies, post items for you or

run other errands.

"Terry, our pick-up and delivery man will help where possible and all included as part of our friendly local service."

"You can call us on 01446 740730 or fill in the form on our website at thelaundryrooms.co.uk" he added.



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Cardiff nursing home closes its doors to visitors as crisis bites

A CARDIFF care home has taken the necessary steps to safeguard its residents from the coronavirus outbreak by closing it to non-essential visitors.

Tŷ Llandaff, a private nursing, residential and respite care home in Pontcanna, has taken the measures in order to create a 'cocooning environment' for those in its care.

The home in Conway Road is following the advice of the World Health Organisation and have put measures in place to protect residents and staff, including additional cleaning and personal hygiene measures.

Tŷ Llandaff is well equipped to look after the needs of its residents with 72 en-suite rooms, spacious lounges, piano bar, café, private landscaped gardens, library and home cinema room.

Staff are safe-distancing residents from group activities that have may have pre-existing conditions.

Lisa Cristina, service manager at Tŷ Llandaff, said: "The health, safety and wellbeing of our residents and staff are always our top priorities.



"While we have no confirmed cases in our home, the growing threat of the coronavirus outbreak means that we are continually reviewing measures to reduce the risk of infection and protect the most vulnerable in our care."

"We have, therefore, taken the difficult decision to close our home to all non-essential visits to create a cocooning environment and safeguard the wellbeing of our residents.

Lisa added: "To ensure continued communication between residents and family members,

"This will include routine friends and family visits. "In addition, we will be limiting hospital appointments, unless in emergency and at the sole discretion of the home."

Tŷ Llandaff is also exploring ways that residents can stay in touch with family members through telephone and social media.

Lisa added: "To ensure continued communication between residents and family members, we are currently exploring measures to aid regular contact through telephone, Skype, WhatsApp and FaceTime.

"We have not taken this decision to close lightly – however, we have a duty of care to all our residents and staff."

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While away the hours snapping garden birds

WITH everyone spending a lot more time gazing through their windows at the moment, what better way of passing the time than getting to know more about some of the birds who make their homes in your garden.

Winter is a tough time for wild birds but as spring approaches and the weather becomes warmer, we should expect to hear more tweeting in our gardens.

One of the UK's leading home and garden retailers, Wilko, is inviting you to share your best wild bird photos in its annual competition to capture the best of our feathered friends.

Are you a keen photographer? If so, Wilko invites you to share your best wild bird pictures for the chance to see your snaps in its 2021 Wild Bird Calendar and win one of 12 Wilko gift cards worth £100.

All you need is a camera, an eye for detail... and a flying visit from your favourite wild birds to be in with a chance of winning.

Thankfully, with Wilko's Daniel Bingham, Senior Pets Buyer for Wilko, offers some practical advice: "Birds feed every day and don't store energy well, so one or two bad days in cold weather or without food can be very dangerous for them.

"Put out a good selection of food in feeders or on tables to attract birds

to your garden – things like fat balls are nutritious and high in energy – perfect to help them maintain weight and stay fuelled.

"Put some soft food down for the songbirds who can't reach the feeders. Suet blocks and pellets work particularly well as they give the birds a great energy boost and plenty of calories.

"Don't forget to provide fresh water. Ponds, puddles and other water sources may freeze over, making them inaccessible to birds.

"Birds can be timid so you'll need to be patient, build up trust by sharing plenty of treats and you could soon be rewarded with the perfect wild bird shot."

For further information and advice, we recommend that you visit www.homes.rspb.org.uk

All photographs should be taken in a garden or outdoor setting and must have been taken by you. Email your entries to WildBirdCompetition@wearebrazenpr.com

For full terms and conditions, visit life.wilko.com/wildbirdcompetition

Sadly, you only have until March 29 to enter the Wilko competition, but you could always send your best garden bird pictures to us at The Gem and we will publish the best in a forthcoming edition.

Email your pictures to editorial@glamorgan-gem.co.uk



One of the winners of last year's Wilko bird photography competition

Advice from Cowbridge Chamber of Trade

COWBRIDGE Chamber of Trade is endeavouring to support its members during these difficult times for all businesses and is disseminating information as it is received from HMRC, Welsh Government and local councils to its members and the wider business community.

"If Chamber members need any support dealing with the various authorities or are unsure who to approach they can contact me," said secretary Malcolm Wilson.

For businesses who are not members we will continue to send out notices as they are received. If you are not a member and not receiving emails from the chamber you can be added to its mailing list by contacting the Secretary on email: [cowbridgechamberoftrade2020@gmail.com](mailto:cwbridgechamberoftrade2020@gmail.com)"

Handwashing advice heeded in Wales

OVER HALF of the people in Wales think the government left it too late to take strict measures against coronavirus, according to new research.

A whopping 58 per cent say they should have acted more quickly, while half of the Welsh believe Boris Johnson should have shut schools (50%) and put the country into lockdown much earlier (38%).

But the study, conducted this week by 4media Group, shows that 6 in 10 adults believe both Boris Johnson and the government as a whole are doing decent job in handling the crisis nevertheless.

Despite pleas to stop panic buying, almost three-quarters of families are struggling to get everything they need from supermarkets.

And the number who know someone in self isolation had almost quadrupled from 10 per cent to 39 per cent.

Thankfully, the number of Welsh washing their hands properly every time has also risen, from 65 per cent to 72 per cent.



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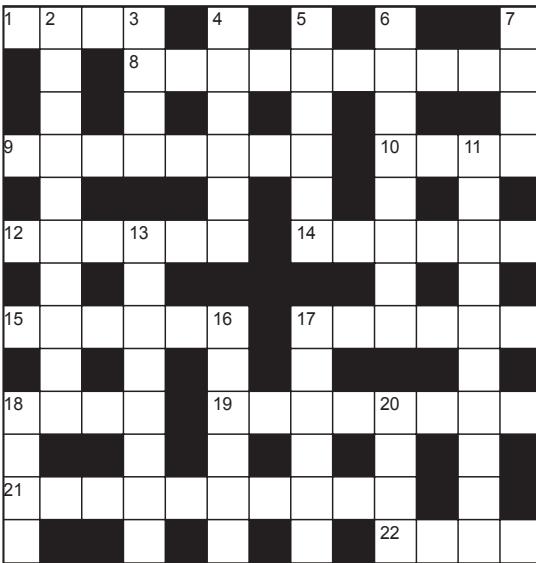
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CRYPTIC CLUES

Across

- Does religious work (4)
- Understand what the land investor hopes his property will do (10)
- It could be simple curiosity (8)
- Many a poem is not readily understood (4)
- Foiled—the trespassers? (6)
- Enjoy a flavour (6)
- Car involved in a detour erroneously (6)
- Four upset about a show of great enthusiasm (6)
- In this case the points should be safe (4)
- Of necessity, and through coercion apparently (8)
- Not against change though it's the wrong condition for it (10)
- Half of the record team (4)

Down

- If you're not up before ten you may be (7,3)
- Wise man in season (4)
- Add a very quiet finale (6)
- Comparatively good as a punter (6)
- The shape of a pamphlet? (8)
- A venerable name in England's illustrious past (4)
- Sent crazy by other claims on your attention? (10)
- Bearing the cost of transport (8)
- TV programme that's being reviewed? (6)
- Loud Verdi composition full of fire and passion (6)
- Some conversed in Gaelic (4)
- Admits being in possession (4)

QUICK CLUES

Across

- Closed (4)
- Declare (10)
- Crossing out (8)
- Snugger (4)
- Reverence (6)
- Screw-shaped (6)
- Force (6)
- Burlesque (6)
- Carry (4)
- Cheating (8)
- Devious (10)
- Multitude (4)

Down

- Formerly (10)
- Domesticated (4)
- Yearn (6)
- Happenings (6)
- Boundary (8)
- Went away (4)
- Defamatory (10)
- Seeming (8)
- Mortal (6)
- Jail (6)
- Drill (4)
- Kindred (4)

AM Jane's Hutt's self isolation diary

Week One: Facetime and video chats become a way of life

I KNEW my life would be changing dramatically when the advice came through on Monday, March 16 that I should start working from home and embrace 'social distancing' and 'self isolation.'

The day started with a team meeting in my constituency offices in High Street, Barry to plan our work in response to Covid-19. An urgent message to meet Cowbridge businesses came through and it was vital to be there with elected representatives working together to relay the realities of what was facing business.

After the Cowbridge meeting, I went back to Barry to attend the turf cutting at the 'Bridge Between' Waterfront Church joining church ministers, Cllr Drake and the contractor

commencing work on this new centre, bringing together the Windsor Road United Reform and Pontypridd Road Methodist Churches. The sun came out for that positive moment of progress.

I went straight from what was to be my last public engagement for some while to a Cabinet meeting in Cathays Park and an update on all my ministerial responsibilities, in relation to the Covid-19 outbreak, before returning home at the end of the day with my iPad and phones – to stay.

The announcements coming through that the Welsh Government was matching the UK Government Business Support scheme were welcomed at the Senedd on Tuesday.

It was strange not being there alongside at

least 10 others from political parties across the Chamber. However, I could still undertake my Chief Whip responsibilities remotely. There was a strong will 'to work together' with ministerial statements and questions about decisions being taken following COBRA meetings, attended by all four Governments of the UK.

For Assembly Members and the Government, the wider public health, NHS, the voluntary sector, education and social care questions and announcements were coming through thick and fast.

I set myself up to work at home to continue my work as the Assembly Member for the Vale of Glamorgan and Minister in the Welsh Government. Nearly a week later, I can honestly say that I have not stopped working – but it has been by phone, text and letter.

My team in High Street has been working flat out, answering questions and taking up issues about the impact of coronavirus alongside other casework coming through affecting people's lives. We drew

together an information and contact sheet to circulate. Citizens' Advice has been vital, as well as traders and businesses who were keen to help with deliveries as well as getting advice and information. The response from people and organisations across the Vale of Glamorgan who want to help and volunteer has been tremendous.

Supporting my family has been a priority with my sister and mother living nearby and our daughters working at the frontline in the NHS and social services. Facetime, video calls and WhatsApp chats have become part of the daily routine, as well as a wave at the window.

My ministerial duties have been constant as we respond to the needs of the most vulnerable including supporting a £10m grant for the homeless. Also considering priorities to release funds for the Welsh Government to address growing needs emerging such as the self employed, leading to Welsh Government announcements at the beginning of this week.

I have always been a workaholic, scarcely knowing what it is like to sit down for more than a few moments of my time to relax and read the paper or listen to music. I have never been in this situation before and my physical exercise could soon be limited to the house. I am so fortunate to live in Barry so close to the sea. My focus now is to be available and effective in helping my constituents who are vulnerable and lonely, who may have lost jobs and businesses and who are ill or are carers. That's why I will continue to work as hard as ever in my new circumstances which are shared now by so many others.

The First Minister Mark Drakeford AM launched the 'Looking out for each other Campaign' focusing on the small things we can do for each other and that commitment and spirit will take us through – gov.wales/safehelp

For further information, please contact me on 0300 200 7110 or jane.hutt@assembly.wales. You can also follow me on Facebook, Twitter and Instagram or visit janehutt.wales.



Don't shy away from talking to kids about coronavirus

THE NSPCC's Childline service has been inundated with contacts from children and young people about coronavirus, and these are steadily increasing **writes Childline's Debs Davis.**

Childline has already counselled hundreds of children and young people concerned about the virus, and young people are finding additional support in one another on our online message boards.

Young people aged between 12 and 15 are the most common age group to contact us with worries about coronavirus, but it's important in these uncertain times that we are talking to our children of all ages and addressing any concerns they may have.

Common issues children are discussing include anxiety, exacerbated by the disruption of their normal routines due to school closures, as well as the inescapable 24/7 news coverage. This is difficult to comprehend as an adult, but it can be even more challenging for a child to process.

It makes sense that the constant influx of bad news can be very overwhelming for a child. Many young people are already coping with challenges in some way, whether that's school, friendships, or just growing up. At this transitional point in their lives, the extra pressure caused by Covid-19 can be very difficult for young people to cope with.

Common issues discussed by young people include being scared about catching the coronavirus, concern for family members, and worries of dying.

With round-the-clock news showing

pictures of empty shops and charts of death rates, it makes sense that young people in Wales are picking up on the situation and panicking.

One young person told Childline: "This virus has brought my anxiety up more than anything else in my life."

Another added: "Everyone is radicalising it and scaring me to the point I'm scared I may do something to myself and I don't want to face the world because I'm too scared of the virus."

We know that some young people don't get on with their family or feel unsafe at home, and for these young people it's a particularly challenging time.

One young person told us: "School is my safe, happy place and no matter how bad things at home got, it was almost always somewhere I could trust to be safe or, at least, safer than home."

Racially charged bullying has been mentioned in some cases due to coronavirus originating from China.

My advice to parents, carers and professionals on talking to children about the virus is to balance helping them to understand the facts while providing emotional support.

It's important not to shy away from talking about the coronavirus with your children. They may have already picked up snippets of information from social media or the news, and even though they haven't discussed it with you they may be wondering what it means for them and people they care about. Be calm, honest and informed when talking to them about news related to the coronavirus.

Begin the conversation by asking them what they already know about it. Reassure them that you are going to listen to them, remove any distractions and mute any sounds so that you can give them your full attention.

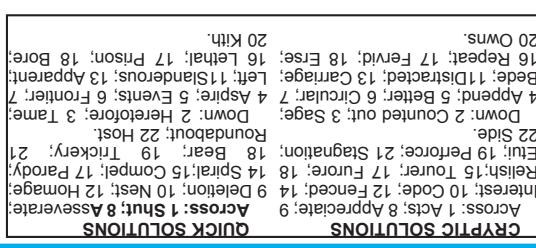
Try not to interrupt when they talk to you about it, just let them say what they need to say and pay attention. If they address fears, be sure not to dismiss them. Children will be taking in a lot of information now, and anxious minds can create a variety of worries.

When they've finished, calmly explain the facts of the situation. You can find these through NHS and World Health Organisation sites, with advice on what we know about Covid-19 and how to help protect yourself from it. It's important to be honest and tailor what you say to their maturity.

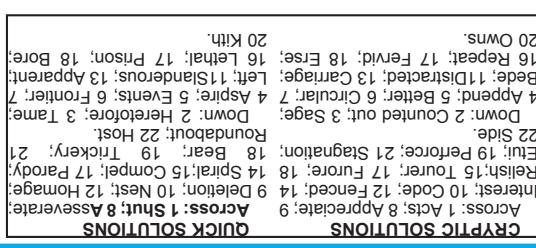
At Childline, we know that it can be daunting to try and help a child through challenging times. We recommend that you encourage them to use Childline's online message boards to talk to other young people about how they're feeling. They can also draw pictures and play games to relax and have fun.

Talking to people will help a young person realise they are not alone. It's important we allow them to make time for themselves, create a routine to limit the impact having time off can have on things like mood and sleep, as well as keep them busy with things like exercise, schoolwork or hobbies.

They can also speak to a trained Childline counsellor free using the Childline website, or by calling 0800 1111.



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Aston Martin stops production at Vale base



ASTON Martin Lagonda (Aston Martin) has suspended vehicle production at its plants in the UK, including at St Athan, home of its DBX crossover.

The company, headquartered in Warwickshire, made the announcement on March 24, and said the decision to halt production – for a scheduled four weeks – was in response to the Covid-19 (coronavirus) pandemic.

Aston Martin's president and group CEO, Dr Andy Palmer said: "It is our responsibility to ensure we do all we can to support the Government's efforts in slowing the spread of Covid-19 over the coming weeks and, with the health of our workforce front

and centre of our minds, we have taken the tough decision to temporarily suspend operations at our sites around the UK."

Russell George AM, the Shadow Minister for Business, said: "The move by Aston Martin is in line with some other marques' decisions, and while regrettable, it is understandable. Sales, especially in some of the key markets, such as China and elsewhere in south-east Asia, have fallen.

"Yet, as Aston Martin's CEO said, the company wants to keep its workforce – it employs around 850 people in Wales – and their families safe, fit, healthy, and ready to return to restart production next month."

Minister for Health and Social Services outlines plans for PPE

IN a statement on March 25 regarding the arrangements in Wales for protecting front line health and social care staff who are caring for suspected or confirmed Covid-19 patients and the issue of Personal Protective Equipment (PPE), the Minister for Health and Social Services, Vaughan Gething said:

"We are in a rapidly changing situation as we move from efforts to contain a 'high consequence infection' to the need to delay the community transmission of the Covid-19 pandemic. This development has resulted in the need for new revised guidance on Personal Protective Equipment (PPE), which has been agreed across all UK nations and which is consistent with guidance from the World Health Organisation. It is important now we all share the same understanding of this guidance and that we procure and provide the PPE that our staff require for their protection.

"To support the use of this equipment, Public Health Wales has provided advice on infection prevention and control for healthcare settings and advice on the correct use of personal protective equipment has also been issued to specific groups of healthcare workers.

"I must stress the importance of following the guidance in order to protect staff and also to ensure that the appropriate PPE is used for each healthcare setting. This personal protective equipment is for the use of front line health and social care staff, specifically as they deal with confirmed or suspected COVID 19 patients.

"I have authorised personal protective equipment from the pandemic stockpile be provided to the NHS and to social care to

reinforce the regular NHS supply routes that have come under substantial pressure.

"Health Boards have continued to be able to draw on supplies through Shared Services. However, as a result of a significant increase in demand for Type 11 R fluid resistant facemasks and FFP3 respirators, I have authorised a significant push of PPE to the 7 Health Boards, Welsh Ambulance Service and Velindre.

"I know that it isn't normal for GPs to hold large stocks of PPE at their clinics other than for business as usual. That is why I also authorised from the pandemic stockpile a distribution of PPE (facemasks, gloves and aprons) to all 640 GP clinics and the 40 GP out of hours services in Wales.

"Since that first GP distribution took place, the guidance for GPs has changed and there is now the need for GPs to wear eye protection when dealing with a suspected or confirmed Covid-19 patients. A second distribution of PPE has been authorised to all GPs clinics this week.

"Pharmacies are often the first point of contact for people looking for advice on treatments before going to their GP. It was essential that we took steps to protect these key front line healthcare workers dealing every day with people who may be unwell. I authorised a distribution of PPE for all pharmacies in Wales and all 715 pharmacies will have received this equipment.

"Social care has an essential role in our response to Covid-19. I have authorised PPE to be released for use by social care providers. Health Boards have been providing PPE to support care centres dealing with suspected or confirmed Covid-19 cases. This week, we will be enhancing those arrangements by putting in place a contingency plan for social care access to PPE through local

authorities' Directors of Social Services and also put in place arrangements to monitor the use of PPE and top up these supplies when needed.

"I appreciate that there are and will be continuing issues concerning personal protective equipment and healthcare supplies. I want to make three further points:

"The re-supply timeframe in respect of some of our PPE is uncertain. We must, therefore, use the stock we have efficiently and appropriately until resupplies become more certain. We have a health countermeasures group in place, including Shared Services that is networking at a UK level to ensure that these essential supplies continue to be accessed.

"We also need to ensure that the access to this PPE stock is reserved for the use of our frontline healthcare staff and that those staff have the appropriate infection control guidance to provide the personal protection that provides the fundamental basis for the use of PPE. Where voluntary bodies are helping the NHS or social services in caring for suspected or confirmed Covid-19, those bodies should be able to access the appropriate PPE by making contact with the NHS or local authority organisation they are supporting.

"Finally, to provide reassurance and support our healthcare organisations, I have asked that a hotline telephone and email contact is provided to the Welsh Government Emergency Co-ordination Centre. This can be used in an emergency where PPE supplies have been disrupted or there has been an unplanned and unforeseen surge in use. This line should not be needed but will be put in place and operate seven days a week."

Community Foundation Wales launch Coronavirus Resilience Appeal

COMMUNITY Foundation Wales has launched the Wales Coronavirus Resilience Appeal, and money raised through the appeal will fund charities, community groups and not for profit organisations working in Wales, who provide activities for vulnerable groups.

It will also support organisations who are adapting the way they work to respond to the rapidly changing needs in their communities.

Community Foundation Wales is launching the fund with an initial £200,000.

To ensure the funding goes to where it's really needed, they are urgently consulting with the Welsh third sector to assess their immediate and ongoing needs and ensure that funding reaches the communities that need the most help, as quickly as possible.

Richard Williams, Chief Executive of Community Foundation Wales said: "This virus is an exceptional event that is already having a huge impact on many of the charities and community groups across Wales. We know that these groups are going to be stretched thin.

"Thousands of people are having to self-isolate and will face loneliness through missing out on

regular social interaction. We also know that charities and community groups are going to have to change very quickly the way in which they work to ensure people have the support they need.

"This situation is changing rapidly. We urgently wanted to get a fund in place to support people in Wales and give people who have been enquiring about what they can do to help a place to go. Philanthropy has an important role to play in supporting and enhancing the government response, especially in support of our most vulnerable communities. We have seen in numerous appeals that people in Wales really do care about where they live and will want to ensure that those hardest hit are supported."

People and businesses are urged to consider giving to this urgent appeal by donating online.

To ensure the best possible support for people in Wales, they are also partnering with The National Emergencies Trust (NET), who have launched a UK-wide appeal.

Community Foundation Wales, along with other community foundations across the UK, will work with NET to ensure the funding reaches those who need it most.

See www.communityfoundationwales.org.uk for further information.

Funeral collection helps RNLI



LYNNE Bolton, Valerie Weir and Pauline Todd were welcomed to Barry Dock RNLI lifeboat station on March 11, when they presented the coxswain Martin Bowmer with a pair of Steiner binoculars, bought with money raised at the funeral of Phil Weir.

Phil passed away last year and almost £900

was raised from donations at his funeral. Martin Bowmer said that without the generosity of the public, it would not be possible for the RNLI to carry out its role.

Phil's father David Weir had been crew on Barry Dock's Arun class lifeboat, and his family have always supported the RNLI. Phil (also known as Oodle) was well known locally for DJing the Old Record Club around local pubs.

Specsavers stores to stay open for essential care

THE UK's largest opticians and audiologists, Specsavers, has suspended all routine testing for the foreseeable future to focus on essential and urgent care only.

CEO John Perkins said: "We may be closing our stores for business as usual, but will remain open for care, particularly for key workers. Our desire is to continue to provide essential and urgent services to the communities we serve, as well as online and telephone advice for those who need it.

"Guaranteeing the safety and wellbeing of our customers and our colleagues has to be our priority, so we will only open if it is safe to do so and in compliance with the Government's strict new guidelines."

Each Specsavers store is owned by independent

partners who make decisions locally in their community, including their opening hours, which may be influenced by their own or their team's personal situation during this crisis.

Customers will need to phone their local store for advice and to be assessed on the level of care that they might need, with the only exception being key workers who may need Specsavers' help.

"They are very welcome to walk in to one of our stores to seek immediate advice," said Mr Perkins.

A range of services, such as home delivery of glasses, contact lenses and hearing aid batteries, is available for those customers who do not require urgent care. Glasses and contact lenses can also be purchased online for customers with a current prescription.

Specsavers recommends checking its website or calling the local store for details.



Calumn is a trail-blazer in Aussie Rules Football

IT'S stating the obvious to say that sport is taking a back seat at the moment, and it's even more obvious that there are much more serious things to be concerned about.

However, everybody must be looking forward to the time when the pandemic has passed and life can return to normal.

And normal means everyday people setting goals and busting a gut to achieve them.

It's that way at the moment for Calumn Newman, a photographer from Barry, who is approaching the end of a nine year journey to represent Great Britain at Australian Rules Football.

Aussie Rules is a pretty fierce mix of football and rugby, and it may surprise people that it is played in Wales and the rest of Great Britain.

It may be a touch under the radar, but Calumn is a seasoned Welsh international and he had hoped to hit the peak of his sporting career when he was selected for the Great Britain team to play in the World Championships in the home of the sport

- Australia.

That World Cup was scheduled for May and June but, for obvious reasons, it has been pushed (provisionally) back to July.

Calumn's Aussie Rules journey started in 2011, when he joined the Vale Warriors, a team created in Barry by Nick Backer.

Calumn told The Gem: "In 2013, the team folded due to lack of numbers, so I moved to Cardiff Double Blues, but unfortunately they had a similar problem, and in

2014, I began playing for Cardiff Panthers. "After one season, AFL became a huge part of my life. I have played many sports, team and individual, but apart from mountain biking, nothing really gave me that buzz.

"In 2016, I represented Wales for the first time in Lisbon, in the Euro Cup; this was amazing. The level of play was much higher, and I loved it.

"I have been to every Euro Cup since and love playing for Wales. It was in 2017 at the end of the Euro Cup in France that Dean Thomas, the head coach of Great Britain Bulldogs, invited me to train with them."

At this point, the GB squad were building

up for the European Championship in 2019.

Wales had two Cardiff Panthers players, David Saunders and Owain Ryland, in the GB squad. It was up to Calumn to get up to standard by then, along with two other Welsh players, Oliver Rees and Joe Lloyd.

To gain the experience, Calumn began to play in the London League as well to gain 18-a-side experience, as in Wales they only play nine-a-side. Calumn's first game was for the Raiders, and in that game he found a bigger passion for the sport.

He continued: "I joined Owain, Oliver and Joe in the European Championship 2019 in London, this was my first proper international cap for GB.

"We played France, Croatia, Ireland then took the win against Denmark (Danish Vikings). As a result of that win, Great Britain are on their way to the International Cup 2020, on the Sunshine Coast, Australia.

"I have been selected and will be going with three other Welsh boys, Oliver, Owain and Joe.

"We are trying to raise money to help us on our way to Australia as it is a self-funded trip."



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Family Notices

**JAMES
Barbara**

Peacefully on 16th March at home with her loving family around her bedside - Barbara, beloved wife to the late Cyril. Much loved mum and mum-in-law of Allison & Thomas, Jonathan & Joanne, Helen & Gary. A cherished man and great-nan to all her grandchildren.

She will be so greatly missed by all who knew and loved her.

Resting in the care of Lyndsay Ellis @ The Vale Funeral Service, Court Road, until a private family service at Cardiff & Glamorgan Crematorium, Barry on Monday, 30th March at 1pm.

Family flowers only. Donations may be made at the service to support Marie Curie Hospice, Penarth in memory of Barbara.

**WRIGHT
Gladys Ivy**

Peacefully on 7th March at Llandough Hospital - Gladys, beloved wife of the late Kenneth. Much loved mum of Julie and Stephen. Respected mother in law of Angelo and Christine. Cherished man and great nan to all her grandchildren.

She will be dearly missed by all her family and friends.

Resting in the care of Lyndsay Ellis @ The Vale Funeral Service, Court Road, Barry until her service at Cardiff & Glamorgan Crematorium for family and close friends on Wednesday, 1st April at 10am. Family floral tributes only. Donations, if desired, may be made at the service to support CancerResearch Wales in memory of Gladys.

**YEANDLE
Beryl Maud**

Passed away peacefully on 18th March at Cartref Care Home, aged 102 years. Beloved wife of the late Bert. Loving mother of Robert, Lindsay, Dawn and Mary and mother-in-law to Philip and the late Elizabeth. Cherished grandmother to Christopher and Rachel and her great-grandchildren and great-great-grandchildren. Adored sister to Moi and Dilys.

Beryl will be sadly missed by all her family and friends.

Resting at A.G. Adams Funeralcare until the service on Wednesday, 1st April at 4pm at Cardiff and Glamorgan Crematorium, Barry.

**JONES
Richard Alfred
'Richie'**

Peacefully on 22nd March at home, surrounded by his loving family - Richie, well known of Barry Town Football Club, Barry College of Further Education and Vale of Glamorgan Junior Football (St David's). Devoted husband to Barbara, much loved dad of Steven, Robert and Gareth. Special father-in-law of Suzanne and Alex. Cherished granddad of Kilee, Thomas, Chloe, Ben, Stephanie and Matthew. Loving brother of David and the late Evan.

Richie will be greatly missed by all who knew and loved him.

Resting in the care of Lyndsay Ellis @ The Vale Funeral Service, Court Road, Barry until his Private Family Graveside service at Barry Cemetery on Thursday, 9th April at 12 noon. Family flowers by request.

**PICKERING
Christopher**

Sadly passed away on Tuesday, 10th March at the UHW, aged 78 years. Loving husband to Jean.

Christopher will be sadly missed by all his family and friends.

Resting at Park Funeral Directors Barry until his Funeral on Thursday, 2nd April.

However due to the current epidemic numbers allowed at the funeral are limited, therefore only the closest family members can attend. The safety of all Christopher's family, friends and funeral staff is paramount.

The family will have a Memorial service later in the year where you will have the chance to enjoy your memories together we will let you know when this will take place.

No flowers please by request of the family, however, donations are welcome in memory of Christopher to Cross Ways Church.

**MCDONALD
Lynn (Mac)**

Very suddenly, after a short illness borne with bravery and humour, Lynn, dearly beloved husband of Gail, devoted father of Simon and Jayne, and their partners Amanda and Dave, and doting Toppy of Amber and Paige, and brother to Ian.

Funeral to be held Thursday, 26th March, 2pm at the Cardiff and Vale Crematorium, but due to Corona Virus the funeral has to be private, immediate family only.

**HANSON
George**

George passed away peacefully on Friday, 20th March with his wife and girls by his side.

George will be greatly missed by all who knew him.
Later in the year a memorial will be held to celebrate George's life.

Our grateful thanks to all the staff at Brocastle Manor Care Home for their outstanding love and care they showed George - we will be eternally grateful to you all.

Brenda, Gail and Deborah.

**SHIER
Godfrey 'Goff'**

Sadly passed away on Monday, 9th March in the Marie Curie Hospice Penarth.

Dad will be sadly missed by all his family and friends.

Resting at Park Funeral Directors, Barry until his Funeral on Monday, 30th March.

However due to the current epidemic numbers allowed at the funeral are limited, therefore only the closest family members can attend. The safety of all dad's family, friends and funeral staff is paramount. Consequently there will not be a wake. No flowers please but donations to the Marie Curie Hospice would be gratefully received.

Acknowledgement

**LONG
Hilda**

The family would like to thank all family and friends for supporting us following the passing of our mother, Hilda Long.

Many were unable to attend the funeral due to the extraordinary challenges facing us at the moment and we thank them all for the condolences, good wishes and kind messages we received during this difficult time.

Special thanks to the Doctors, District Nurses, Staff at Cowbridge Health Centre, the Reverend Stephen Adams and W. H. Preene & Son, Funeral Services.

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Anniversary

**Congratulations
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on your**

Diamond Wedding Anniversary!
26th March 2020



Enjoy your special day Mum & Dad

With love from all family xxx

Public Notice

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Owners or occupiers of land (including buildings) near the operating centre(s) who believe that their use or enjoyment of that land would be affected, should make written representations to the Traffic Commissioner at Hillcrest House, 386 Harehills Lane, Leeds, LS9 6NF. Stating their reasons, within 21 days of this notice.

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Dog of the Week



LEXIE is a fun-loving five-year-old Shar Pei who will be your best friend once she gets to know you, and she is Bridgend Dogs Trust's 'Dog of the Week'.

She has a charming personality with a huge amount of love to give. In the right home, she would be a perfect companion and could live with

another dog and children 14 years and over.

She will need her new family to visit her several times before taking her home, so she can build up a trusting bond.

For more information on Lexie, visit the Dogs Trust Rehoming Centre in Bridgend, CF31 4NG; call on 01656 338745 or visit www.dogstrust.org.uk.

Keep calm, and read on!

GRiffin Books in Penarth trialled its first virtual Book Club meeting on March 19.

The shop has been holding a regular monthly Book Club since it opened more than five years ago and rather than cancel last week's session, they decided to go virtual.

Following the latest government guidelines on containing the spread of Covid-19, Griffin Books has now temporarily closed its doors and cancelled all physical events in March and April, including author visits from Joanne Harris, Stephen Moss and Alexander McCall Smith.

Owner Mel Griffin said: "We are trying to be as creative as possible and are aiming to move some of our regular activities online. We held our first

'Virtual Book Club' meeting last week, with 10 Book Club members connecting via videoconferencing to discuss this month's read, and I'm pleased to say that it worked brilliantly.

"As well as enabling us to continue existing regular activities using technology to replace in-person gatherings, we see opportunities to introduce new ideas to support our community during this difficult time, for example virtual book chat sessions, recorded Storytime, live online events, and more."

The shop hopes to use the same format for their lively Children's Book Club for 8-12 year olds.

If you would like to receive details about forthcoming virtual literary events, sign up to the Griffin Books newsletter via their website: www.griffinbooks.co.uk.

Take off for Cardiff Airport's project to become carbon neutral

SINCE launching its Environmental Flight Path in September 2019, Cardiff Airport has achieved a number of milestones in its journey to becoming a carbon neutral airport.

The airport has strengthened its commitment to greener travel by launching a pool car scheme earlier this month. In partnership with Days Leasing, staff can now use an electric powered zero emissions Nissan Leaf vehicle to travel between sites in a cost- and carbon-efficient manner. To support this, a new electric vehicle charging point has been installed near the main terminal.

Since signing up to the Healthy Travel Charter in October 2019, the airport has encouraged a more eco-friendly commute by introducing a cycle-to-work

scheme for staff, engaging with local public transport providers such as the Traws Cymru T9 bus to provide staff discounts, and installing on-site electric vehicle charging points for airport team members. Chargers are also available for customers in the Meet and Greet car park.

The airport is continuing to improve the customer experience in an environmentally conscious way through the installation of 14 desks and kiosks 'upcycled' from Heathrow Terminal 1 and refurbished for use at Cardiff Airport from March 2020.

Since implementing a new waste management strategy in partnership with Smiths Gloucester Ltd, the airport is making strides in improving its recycling, and has already achieved zero waste to landfill. Cardiff Airport is also committed to combining its green efforts with

supporting the local community: in the past month, Cardiff Airport has supplied over 500kg of compost generated from the on-site Food Rocket to the nearby Ceri Road allotments in Rhoose, helping the local community grow fresh fruit and vegetables.

The airport has also worked with the eco committee at Pendoylan Church in Wales Primary School on their environmental project, helping them to produce an animated video about the airport's Environmental Flight Path.

Mark Bailey, Director of Planning and Development at Cardiff Airport said: "I'm extremely proud of what we have achieved since launching our Environmental Flight Path last year. The team have worked really hard to drive forward environmental initiatives that are key to achieving carbon neutral status.

Club honours long-serving officers



THE Probus Club of Penarth was set to hold its Annual General Meeting on March 17, but due to the coronavirus situation, this was postponed until a suitable future date.

President Alun Daniels was scheduled to make special presentations at the meeting to two long-serving officers, Graham Crimp MBE and Val Kacal, in recognition of their invaluable contribution to the club.

Rather than delay the presentations, the President arranged for them to be carried out at the home of Graham Crimp.

Graham Crimp was presented with a special certificate in recognition of his exceptional work as the Honorary Treasurer of the club for 20 years. Due to ill health, he has had to stand down from that position but his contribution over the years is very

much appreciated by all members.

Val Kacal was also presented with a special certificate in recognition of his exceptional work as the Honorary Secretary of the club for more than 10 years. His health has also meant that he had to stand down from this position, but will continue as the club's Events Organiser.

As with Graham, all members very much appreciate Val's long-serving contribution to the club but also look forward to his ongoing organisation of events such as special lunches for the members.

As is customary on such special occasions, Graham and Val were also presented with a bottle of whisky each.

New members are always welcome to join Probus; it is open to both retired and semi-retired men of any age. Anyone interested in joining Probus should contact Gareth Price on 02920 532 793.

We are especially proud that 100% of our electricity comes from renewable sources, and that we have reduced our emissions by over 50% over the past eight years."

The airport's green achievements to date include: a reduction of 53% in carbon emissions over eight years; natural gas consumption has been reduced by 29% over one year; electricity consumption has been reduced by 7% over one year.

Since October 2019, 100% of the airport's electricity supply is sourced from renewable and clean sources. They have replaced equipment with modern, more energy efficient technology; replaced light fittings with LED and energy efficient solutions; Air Traffic Control uses continuous descent operations for aircraft on approach, which reduces the impact of

noise; the ground-running of engines during anti-social hours has been restricted; twin engine aircraft are encouraged to taxi with one engine.

In addition, an environmental officer has been recruited and an extensive audit of Cardiff Airport's environmental management system has led to the fourth consecutive achievement of the BS 8555:2003 Seren Standard accreditation towards legal compliance, environmental performance and continued improvement.

Future plans include updating the airport's Climate Change Adaptation Report, continuing to work with all partners to further reduce plastic use and the commissioning and installation of a solar PV farm on the airport site.



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Former Cardiff City football star dies after fall in Barry pub

FORMER Cardiff City midfielder Peter Whittingham has died after a fall earlier this month, police have revealed.

The 35-year-old suffered a head injury after an accidental fall at a pub in Barry at around 10pm on March 7.

South Wales Police revealed Mr Whittingham, from Penarth, died at the University Hospital of Wales in Cardiff and a file was being prepared for HM Coroner.

Cardiff City said in a statement on its website: "It is with an immense amount of sorrow that we must information supports that Peter Whittingham has passed away at the age of 35.

"We are heartbroken. The news of Peter's sudden and untimely passing has shaken us to our very foundation."

"Our love goes out to his wife Amanda, their young son, and family."

"They are at the forefront of our thoughts and, on their behalf, we ask for their privacy to be respected at this unfathomable cruel and difficult time."

The statement added: "First and foremost, Peter was a family man - and somebody who could light up a room with his sense of humour, warmth and personality.

"Then, as a professional footballer - as a Bluebird - he excelled with talent, ease, grace and humility. Nobody did it better.

"The loss of Peter will be painfully felt by our city, supporters and indeed all who ever had the pleasure of knowing him.

"We love you Pete and your memory will eternally stay with us."

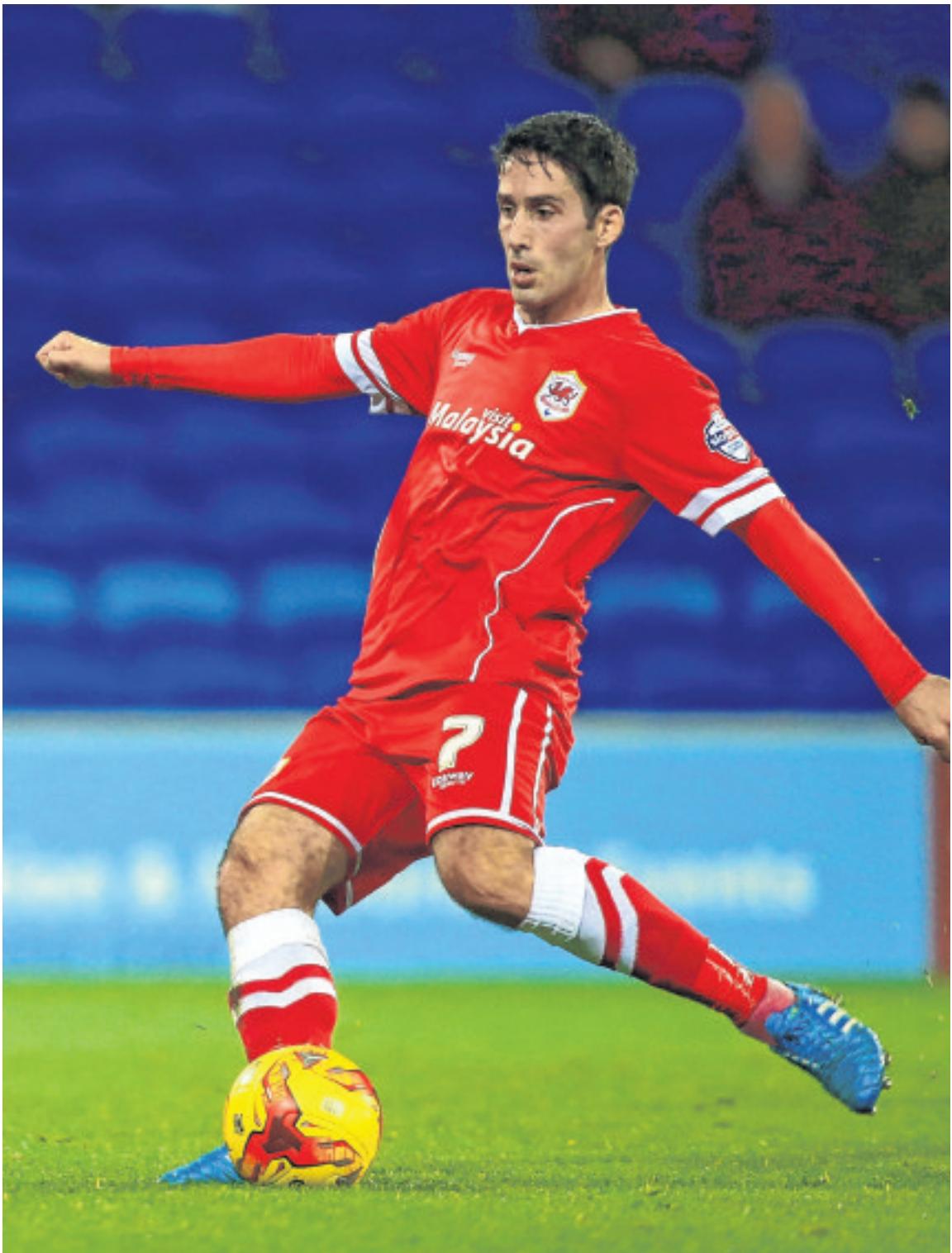
The former England Under-21 international had been at the University Hospital of Wales in Cardiff since the accident nearly two weeks ago.

Nuneaton-born Whittingham began his career at boyhood club Aston Villa and was part of the club's 2002 FA Youth Cup-winning team.

He played 66 games for Villa and had loan spells at Burnley and Derby before joining Cardiff in 2007.

Whittingham played in two major cup finals - the FA Cup final in 2008 and Carling Cup final in 2012 - and won a Championship winners' medal in 2013 as Cardiff were promoted to the Premier League.

He made over 450 appearances and scored 98 goals in 10 years at Cardiff before finishing his career at Blackburn in 2018.



Footballer Peter Whittingham, pictured left and above, died after a fall at a pub in Barry on March 7.
Photos credited to Nick Potts/PA Wire